HEART & SOUL CURRICULUM

CONCLUSION

Walking the Journey



CONCLUSION:

Walking the Journey

You have reached the end of the Heart & Soul curriculum. The purpose of this journey is to shape habits and attitudes around health and wellness that become a regular part of your life and your faith community.

Heart & Soul is a living tool. Congregations and communities can revisit the curriculum as needed, repeat activities, and return to the Healthy Five as their needs and learning grow.

By finishing all six sessions, you have come far in strengthening the culture of health and well-being for yourself and those you care about.

Reflection & Celebration

Take time to celebrate completing Heart & Soul and recognize the individuals who joined this journey.

To celebrate, you might:

- Provide participants with certificates of completion.
- Invite participants to share what they learned, a habit they added to their routine, and the Healthy Five pillars and habits they will continue to focus on.
- Create an opportunity for the faith community to reflect on what the program has meant during a service, Bible study, small group, or other gathering.
- Host a Health & Wellness Day or community health fair. See the **3-3-2-1 Health & Wellness Fair Planner** bonus tool for planning ideas.
- Invite local NAACP branches, community-based organizations, health care providers, and other partners to share resources at the health fair or to share with your faith community at another time.



Building a Culture of Health in Ministry

Heart & Soul doesn't have to end with the final session. Faith communities without a health ministry can start a Health & Wellness Committee to keep the work going.

Who to invite. The committee can include volunteers interested in health and wellness. It may also help to identify church or community members who are nurses, doctors, mental health providers, dietitians, public health professionals, or others who can volunteer their skills. Students and professionals in training can also be invited to participate and support their education journey.

When to meet and what to do. The Health & Wellness Committee can meet to develop annual, twice-a-year, or quarterly plans for health and wellness programs. Plans can build on the Healthy Five and respond to the interests and needs of the congregation and community.

Regular programs may include health education sessions, wellness activities, health screenings, support groups, and events with local health centers. Faith communities do not have to do this work alone. Working with trusted community partners can make more resources available to members.

NAACP Resources & Next Steps

Faith communities are encouraged to stay connected to the NAACP and other trusted community partners as they continue their health and wellness efforts. Local NAACP branches can serve as a connection point for community health, advocacy, and future education or action campaigns. The NAACP Center for Health Equity will continue building programs and tools to improve personal and community health.



A SIMPLE GUIDE FOR CELEBRATING HEALTH, WELLNESS, AND COMMUNITY

3-3-2-1 HEALTH & WELLNESS FAIR PLANNER

Celebrate your Heart & Soul journey by bringing health and wellness to life in your congregation or community. Use this 3-3-2-1 tool to plan a Health & Wellness Fair that connects participants with trusted information, resources, health screenings, and community.



3

Community Partners



3

Activations



2

Screenings



1

Celebratory Meal

3 Community Partners

Invite three organizations or professionals that can connect participants with trusted health information, services, or community resources.

1. _____

2. _____

3. _____

Ideas: Local NAACP branch · community health center or health system · public health department · mental health organization · nutrition or food access organization · college or university health program

3 Activations

Plan three events that encourage participants to engage with their health and well-being.

1. _____

2. _____

3. _____

Ideas: Movement or fitness demonstration · healthy cooking demonstration · stress management activity · sleep education station · Healthy Five trivia or game · community walk

2 Screenings

Work with qualified health professionals to offer two preventive health screenings that reflect the needs of your congregation or community.

1. _____

2. _____

Ideas: Blood pressure screening · blood glucose screening · cholesterol screening · other appropriate preventive screening

1 Celebratory Meal

Bring the community together around a meal that celebrates completing Heart & Soul while supporting fellowship, culture, and connection. Plan how this meal will fit in with the other health fair activities.

1. _____

Ideas: Use the Heart & Soul 3-3-2-1 meal-planning approach for inspiration · Include healthier options that reflect what participants learned

Fair Planning Notes

Date & Time: _____

Location: _____

Fair Lead: _____

Volunteers Needed: _____

Additional Notes: _____