

PROGRAMS

The programs section are programs that can be offered to your community or congregation.

****Note that some of them require training before they can be facilitated.**

ADDICTION PROGRAMS

Unhooked DVD Series <https://www.adventsource.org/store/adult-ministries/health-ministries/unhooked-series-37457>

Journey to Wholeness <https://nadhealth.org/recovery/> OR
<https://www.adventsource.org/store/adult-ministries/health-ministries/journey-to-wholeness-complete-set-36924>

****Note:** Facilitator Training required for this program <https://nadhealth.org/recovery/>

Journey to Wholeness is a support system for people of any faith (or lack thereof) who are struggling with things that are hurting them or the people they love. It presents a 12-step model for understanding God and ourselves as God's creation. This program is for anyone who finds him or herself in the grip of unhealthy dependence upon substances or other destructive behaviors. Journey to Wholeness assists participants in addressing an unlimited number of problems, traveling as individuals who are committed to health, healing, sanity, and serenity. It is built around small group interaction and the principle that people can achieve together what they cannot accomplish alone. Participants will discover that solutions lie in relying on God's power manifested in the wisdom and strength of numbers rather than unaided human "will" or "willpower."

DRUGS AND ALCOHOL

<https://www.adventistlearningcommunity.com/resources/13593>

STOP SMOKING PROGRAMS

Living Free Quit Nicotine for Good - 10 Session Series <http://www.lifestylematters.com/product/333>
Session Titles

1. Up in Smoke Introduction
2. Getting Ready to Quit: Engineered for Success
3. Quit Day: Creating an Environment
4. Creating a Lifestyle: Nutrition
5. Creating a Lifestyle: Exercise & Sleep
6. Caffeine and Alcohol: Why Not?
7. Creating Connections: Why Relationships Matter
8. Hurried, Worried, and Buried
9. Depression: Lifestyle Links for Beating the Blues
10. Keys to Victorious Living: Staying the Course

Living Free Notebook <https://www.lifestylematters.com/product/344>

Living Free (half-page tracts to go with program)

1. Up in Smoke
2. Change Your Mindset (The Attitude Factor)
3. Free on the Inside: Changing Bad Habits to Good
4. Healthy Weight Helps
5. Health in A Hurry
6. Exercise: It Goes to Your Head
7. The Buzz on Beverages
8. Alcohol: Why Not

9. Creating Connections: Why Relationships Matter
10. Hurried, Worried, & Buried
11. Depression: Lifestyle Keys for Beating the Blues
12. Who Can I Trust?

Taking Control with Power <http://www.getovertobacco.org>

Easy-to-manage holistic quit smoking coaching system requiring sponsorship by nurturing mentors. Website-based, with 3 modes of delivery, workshop supported. Includes strategic invitations, and discipling opportunities. All system elements on the website.

Email: linda.royer@gmail.com

Phone: 1.540.333.2412

Breathe Free 2 - <https://www.breathefree2.com/welcome>

PORNOGRAPHY

Gateway to Wholeness <http://gatewaytowholeness.com/>

New Freedom to Love <https://www.newfreedomtolove.org/>

BLOOD PRESSURE PROGRAMS

30 Days to Lower Blood Pressure Book and DVD Set by Dr. David DeRose

<https://www.compasshealth.net/store/>

COOKING SCHOOLS

Natural Lifestyle Cooking by Tina Finley; available from the Alberta Christian Bookstore

Natural Lifestyle Cooking Workbook by Tina Finley;

Natural Lifestyle Cooking Manual by Tina Finley

Natural Lifestyle Cooking DVD by Tina Finley

Taste of Nature by Marcella Lynch <http://tasteofnature.netadvent.org/>

<http://tasteofnature.netadvent.org/instructorpacket.html>

Vegan Nutrition - vegannutrition4u.com

DIABETES PROGRAMS

Diabetes Undone <https://lifeandhealth.org/courses/diabetes-undone>

EXERCISE/FITNESS PROGRAMS

Lifelong Health Fitness Program <http://myllh.org/education-programs/fitness-for-life/>

Step Into Fitness & Health Book and Journal <https://www.adventsource.org/store/adult-ministries/health-ministries/step-into-fitness-and-health-36990>

Body Jones Wellness Ministries <http://www.casiojones.com/>

Website where Christians receive health, wellness, and exercise tips with a biblical focus.

Email: training@casiojones.com

Phone: 1.813.837.3300

In Step for Life <https://nadhealth.org/instep-for-life/>

MENTAL HEALTH PROGRAMS

Anxiety & Depression Relief (new online 6 session courses) by Jill Schwirzer

<https://lifeandhealth.getlearnworlds.com/course?courseid=anxiety-and-depression-relief>

Forgive To Live <http://www.ForgiveToLive.net>

To Order the book and workbook <https://www.adventhealth.com/adventhealth-press/dick-tibbits>

How Forgiveness Can Save Your Life by Dr. Dick Tibbits,

He explains that understanding and practicing forgiveness can literally save your life! While most of us have been told to forgive, we've never been told how or why to forgive. This program takes you through a 6-week forgiveness program that is easy to understand and follow. It can be used as a self-study guide or in-group discussion where you benefit from the shared experiences and motivation of group support.

Email: Stephanie.Rick@FIHosp.org

Phone: 1.407.303.7536

Nedley Depression Anxiety Recovery Program

<https://nedleyhealthsolutions.com/programs/community-depression-recovery.html>

This 8 week community program (training required; see under "training" on this website) also offers home individual enrollment.

****Note:** Training is required; under "training" on the website)

Nedley Depression Anxiety Recovery Program Training

<https://nedleyhealthsolutions.com/programs/training-the-trainer.html>

Optimize Your Brain™ Coordinator Training – Online

<https://nedleyhealthsolutions.com/index.php/optimize-your-braintm-coordinator-training-online.html>

NATIVE MINISTRIES PROGRAMS

Native New Health <https://nativenewhealth.ca/>

This is an innovative series of 13 health programs designed for Native people by Native people.

Moccasin News – a newsletter for Native Ministries produced by the Native Ministries Department of the Seventh-day Adventist® Church in Canada

Native New Day Bible Studies - available through the Alberta Christian Book Store

American Indian Living Magazine <https://www.americanindianliving.org/magazine>

American Indian Living is a lifestyle publication that encourages healthy living through the concepts of

CREATION Health

Choice, **R**est, **E**nvironment, **A**ctivity, **T**rust, **I**nterpersonal Relationships, **O**utlook, and **N**utrition.

American Indian Living magazine collaborates with the National Congress of American Indians, the National Indian Health Board, and other Native Country entities. This magazine is published bi-annually by the Oklahoma Conference of Seventh-day Adventists.

American Indian Living Radio <https://www.americanindianliving.org/radio>

Has a weekly 1 hour health radio program that is available for free to American Indian radio stations. It is currently on National Public Radio, NV1 and Konic Native Networks. This program features Dr. David DeRose, Weimar physician, author and speaker. The program is mentioned as "the best health radio program in Indian country" by many tribal leaders. To get American Indian Living on the radio in your area, contact Dr. David DeRose at drderose@compasshealth.net

Mamawi Atosketan Native School - K-12 native school <https://www.mamawiatosketan.ca/>

Located in Ponoka County, Alberta

Holbrook Indian School – K-12 boarding school which is funded by donors from around the North American Division <https://www.holbrookindianschool.org/>

Located in Holbrook, Arizona

WEIGHT LOSS PROGRAMS

Lifelong Healthy Weight Management for Life Program <http://myllh.org/education-programs/weight-management-for-life/>

Full Plate Living <https://www.fullplateliving.org/>

Full Plate Living Program is designed for groups, includes printed materials, and online facilitator materials.

PREVENTION OF DISEASE/GENERAL HEALTH PROGRAMS

The Brain Health Revolution by Dr. David DeRose <https://www.afbookstore.com/products/the-brain-health-revolution-by-david-derose-dv-bhr>

CHIP - Complete Health Improvement Program <https://chiphealth.com/>

A well-rounded program for prevention and reversing. Can be presented by employers and communities as a group session; an individual can enroll to take the program.

Adventist CHIP Facilitator Training <http://www.adventistchip.com/en/Facilitate-CHIP/Adventist-Training-Workshops/>

Creation Health <https://creationhealth.com/>

Creation Health is an adult lifestyle seminar series for those who want to live healthier and happier lives based on the whole person health philosophy. By consistently practicing the eight principles of Creation Health—**C**hoice, **R**est, **E**nvironment, **A**ctivity, **T**rust, **I**nterpersonal relationships, **O**utlook and **N**utrition—we fulfill God's original plan for our lives. Normally, this is a ½ hour seminar presented over a period of 8 weeks

General Conference <http://healthministries.com/resources/programs>

Lifestyle Matters Free Resource PowerPoints <https://www.lifestylematters.com/content/balanced-living-powerpoints>

Lifelong Health Prevention Series <http://myllh.org/prevention-programs/>

Topics include Heart Disease, Cancer, Osteoporosis, Alzheimer's disease, Depression, Stress, Exercise, Healthy Eating and Lowering Blood Pressure. PowerPoint slides with speakers notes and participant handouts.

Lifelong Health Eight Weeks to Wellness <http://myllh.org/education-programs/eight-weeks-to-wellness/>

Life Start Seminars DVD by Dr David DeRose <https://www.compasshealth.net/product/lifestart-seminars/>

Topics Include:

- Lose Weight Naturally
- Reverse Heart Disease Naturally
- Maximize Mental Performance Naturally
- Lower Hypertension Naturally
- Improve Lung Function Naturally
- Relieve Arthritis Naturally
- Overcome Addictions Naturally

- Prevent Osteoporosis Naturally
- Prevent Cancer Naturally
- Avoid Colds and Flu Naturally
- Reverse Diabetes Naturally
- Defeat Dementia Naturally

StepFast Lifestyle Series <http://www.stepfast.org/>

HEALTH PROGRAMS BRIDGING TO MORE SPIRITUAL

What's the Connection? DVD Set <https://nedleyhealthsolutions.com/what-s-the-connection-dvd-set.html>

A seven-part series by Don Mackintosh that introduces the Biblical principles of the health message. It begins with a study of how the book of Exodus relates to health, followed by six lectures that focus on the book of Daniel. This is a DVD series that leads people to consider health from a Spiritual perspective. It is built on the belief that lasting change can only come through a living relationship with Jesus Christ.

Healing Insights From the Gospel of Mark DVD Program by Dr David DeRose

<https://www.compasshealth.net/product/healing-insights-from-the-gospel-of-mark/>

This series offers a great way to learn and reinforce health principles aided by one of the world's most esteemed spiritual books, The Bible. Suitable for individual or group use, this series is designed to be viewed once weekly for eight weeks. Each session is designed to begin with Dr. DeRose's 30-minute video and then conclude with a 30-minute group health-focused Bible study (aided by Dr. DeRose's free study guides). Participants go through the entire 16 chapters of The Gospel of Mark over the course of the eight weeks. (Eight presentations, approximately 30-min each; i.e., approx. 4 hours total run time.)