

Are you a faith-oriented organization looking to bring an atmosphere of healthy living into your community?

The Mayor's Fitness Council has partnered with several organizations to help you begin your journey.

What is your group looking for in their efforts to increase healthy living?

- Brochures?
- Speaker on a health topic?
- Health fair?
- Start a health ministry?

Based on your needs, you can start off at any of the areas below.

Section 1: Check out available resources

There are many different ways to get informed on health topics of interest. This section includes various brochures on each of the topics listed below:

Diabetes Management

Nutrition

Faith and Health

Active Living

Heart Health

And More.....

Mental Health

Health Literacy

Section 2: Host a discussion

Are you interested in learning more about specific health topics?

Host a discussion at your faith community with an expert in diabetes, nutrition, physical activity, mental health, or other health issues.

Check out our contact list on our website to learn more about selected topics.

Section 3: Build a health ministry

Are you ready to change the environment of your organization and have support along the way?

The Building a Healthy Temple (BHT) program at UTSA will help you build a health ministry committee and train leaders to deliver nutrition, active living, and peer coaching, and healthy bible study to the congregation. You will be involved with at least 20 other faith communities currently participating in the program and have constant support from the BHT team.

Contact us at BuildingA.HealthyTemple@utsa.edu or (210) 458-7408

Contact the Mayor's Fitness Council at MFCPortal@gmail.com to get started!