



Grow Into Wholeness

The new Healthy Leaders team is committed to enriching and supporting wholeness in the lives of our synod leaders, both rostered and lay. We are strongest when we have balanced health in all areas of life. Achieving and maintaining health in all the areas of the Wholeness Wheel is a life-long process and commitment.

Let's help each other do it—we are better together.

Assembly Challenge:

1. Find our Healthy Leaders Wholeness Challenge card in your registration packet.
2. Participate in one or more of the restorative activities listed on the card and check them off.
3. Check the areas of wellness in which you would like to see more support and resources for leaders.
4. Return your Wholeness Challenge Card to the Portico display table to be entered in a drawing for a prize.

THE WHOLENESS WHEEL



Once you are back home, please visit our web page at www.rmselca.org/healthy-leaders to give us additional feedback and to watch for new resources as we add them. We want to focus our time and energy on the areas that will make the most difference, so please also encourage the other leaders in your church to visit our page and let us know what would help them most.



Healthy Leaders Team
Diane Calfas, Chair
healthyleaders@rmselca.org
Rocky Mountain Synod, ELCA
www.rmselca.org/healthy-leaders

Remember to minister
to yourself, too.