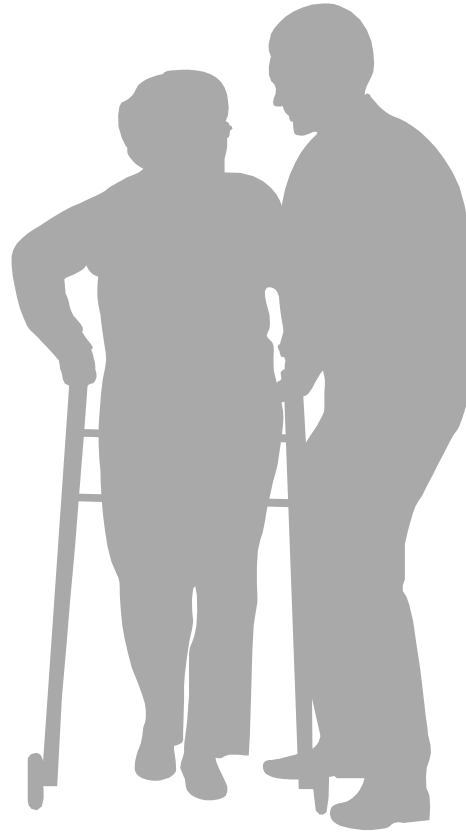


Our parish Health ministry welcomes new members and new ideas.



ALL ages are encouraged to join; senior adults, young adults, and teens.

Meetings are held the **1st Wednesday** of every month at **6 pm** in the church lobby.

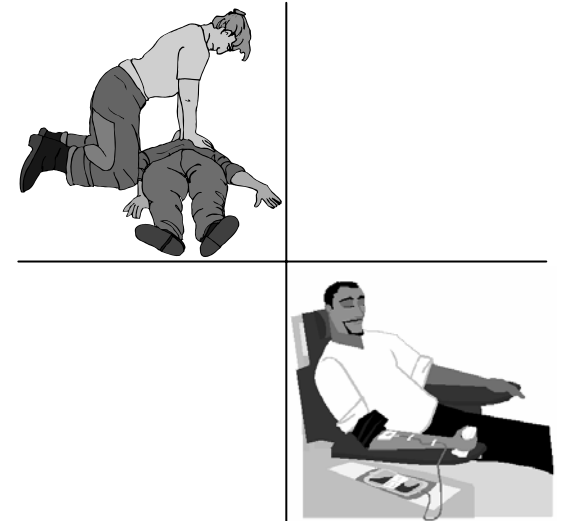


Giving is the secret of a healthy life. Not necessarily money, but whatever a man has of encouragement and sympathy and understanding.

~ John D. Rockefeller, Jr.

HEALTH MINISTRY

Corpus Christi Catholic Church
300 N. Tanque Verde Loop Road
Tucson, AZ. 85748
520-751-4235



Health Ministry

The CC Health Ministry provides health awareness of the mind and body just as our parish manages wellness for our souls.

This committee sponsors many educational events for health awareness for all ages of the parish.

Community service is done every three months in sponsoring blood drives for the American Red Cross. By giving one unit of blood you can help three different patients.

The Goal of the Health Ministry is to educate. Topics of interest include:

- ♦ Controlling stress
- ♦ Health issue updates
- ♦ Exercise
- ♦ Nutrition
- ♦ Diabetes
- ♦ Caring for your heart
- ♦ Blood pressure
- ♦ CPR - Two methods
- ♦ First Aid
- ♦ Babysitting Classes

