

**Needing a little nudge to get your health in order?  
Having a difficult time establishing or accomplishing your goals?  
Would you like support in losing weight?**

The **Whole Health Encouragement (WHE) Groups** are a weekly fellowship of likeminded individuals who quest to honor God and live to their fullest potential.

**WE Encourage. HE Empowers.**

WHE Groups are a collective support alliance for those individuals pursuing the Whole Health Journey. Coordinators are certified in the God BLESSES ME Model to Whole Health, an inspired program developed by Michael and Suzy Hoseus. The model is based on a ten-dimensional concept where God is first and foremost. In this dynamic approach, BLESSES ME is the acronym for: ***Body, Labor, Emotions, Spiritual, Social, Environment, Service, Mental, and Everyday Disciplines***. The weekly WHE Groups have a monthly theme and focus on each individual component.

WHE Groups follow a standard format. The hour-long meeting begins and ends in prayer. The agenda is as follows:

- We meet promptly on the designated hour.
- The first ten minutes are focused on the month's selected memory passage and the WHE Groups Ten Guiding Principles
- The next twenty minutes are a quiet, reflective time with relaxed music, paper, and pen as the group members ponder thought provoking questions and decide on their weekly goal.
- Everyone enjoys the allotted twenty-minute discussion but the real delight comes from the gift that one person at the end of the night receives from the Whole Health Reward Basket.
- Participants bask in unconditional love, inviting edification, and friendly fellowship.

*Won't you join us?*

Check out our website for times and upcoming locations:  
[www.lifelearningministries.org](http://www.lifelearningministries.org)

