



# Health & Wellness Ministry



Covenant's health and wellness ministry is committed to...

- Supporting ministries that care for the body, mind and spirit.
- Presenting wellness courses and screenings based on identified needs and interest of congregation members.
- Providing support and direction for the Parish Nurse.

*Covenant Presbyterian Church, 326 S Segoe Road, Madison, Wisconsin 53705*

*www.covenantmadison.org*  *(608) 233-6297*



### **Mental Health Awareness Day**

Each year, Covenant's Health Cabinet highlights a special mental health topic.

### **Annual Flu Clinic**

Home Health United offers flu shots on a designated Sunday each Fall to Covenant members and friends for a small fee. (Medicare Plan B and Medicaid accepted).

### **Annual Holiday Remembrance Service**

Anyone who has lost a loved one is invited to participate in a remembrance candlelight service in December.

### **Blood Pressure Screenings**

Free blood pressure screenings are offered once a month on Sundays or by appointment by Covenant's Parish Nurse.

### **Bike to Church Sunday**

The Health Cabinet sponsors this event to encourage members and friends not only to exercise, but also to be good stewards of health and the environment. Members are invited to dress casually for the Sunday event. Watch *The Caravan* for details about this event!

### **Knit & Crochet Ministry**

Whether you already know how to knit or crochet or not, this group is for you! We even have extra knitting needles and yarn so you can learn from one of the experienced participants. The group meets the first Wednesday morning of each month to work on prayer shawls for Covenant members and other special projects for the community.

### **Living with a Chronic Illness Group**

A faith-based group composed of Madison church members for those living with chronic illnesses (heart disease, diabetes, cancer, arthritis, etc.) The purpose of this monthly group is to form community, strengthen faith and share experiences when a person's life is changed by various health conditions.

### **Health Cabinet Sponsored Classes**

Covenant's Health Cabinet sponsors adult education classes highlighting health and wellness topic throughout the year. Please refer to the Adult Education brochure for current classes.



Mary Ircink, RN, BSN  
Parish Nurse

For more information about Covenant's Health & Wellness Programs please visit our website, [www.covenantmadison.org](http://www.covenantmadison.org).

If you have any further questions contact Mary Ircink, Parish Nurse at (608) 233-6297 x22 during her office hours (Tuesday, Wednesday and Thursday) or by e-mail at [mircink@covenantmadison.org](mailto:mircink@covenantmadison.org).



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