



The Parish Health & Wellness Ministry needs your help and expertise.

The scope of this group is being expanded to include everyone.

The mission of the Parish Health & Wellness Ministry is to assist parishioners in their efforts to live full, abundant lives and to promote the health and wellness of the congregation in body, mind, and spirit. Our group is composed of health professionals, paraprofessionals, health program students, and those interested in promoting health and wellness in a variety of ways and activities.

The Parish Health and Wellness Ministry meets on the fourth Thursday of every month from 7:00 – 8:30 pm at St. Mary.

In the coming year, we will be continuing some of the traditional offerings (BP screenings, blood drives, etc.) as well as coordinating some new offerings. None of this is possible without the active participation of volunteers. We need you to consider being a part of this valuable ministry.

Questions or interested in joining? Contact:

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