

PRESS RELEASE: SPD TO PROVIDE FREE COMPREHENSIVE HEALTH SUPPORT FOR A LIMITED TIME
March 19th, 2020

Dear Church Members,

Our Church is in an unprecedented situation created by the COVID-19 virus. As you know, limitations of large gatherings take place we will find ourselves worshipping in smaller groups. This is problematic but it can also be an opportunity.

The South Pacific Division Comprehensive Health would like to support our members and community during this challenging time and will waive the cost for the following resources for the next two (2) months (ending May 18, 2020).

- Live More Project (10 weeks): Aims to help people improve their emotional wellbeing from a whole-person approach. (Normally \$75 per person)
- Dr Darren Morton is offering an additional resource called, "What the Bible Says" for free during this time so that the Live More Project can be effectively used in a small group resource in a church setting.
- De-stress & Thrive (6 weeks): Exciting new resource to help you develop emotional intelligence and resilience so you can buffer the stress of life. (Normally \$25 per person)
- Forgive to Live (6 weeks): Aims to help people free themselves from past hurt and emotions and start living a new life. To order your free workbook complete this link and pay \$10 for postage and handling. (Normally \$50) <https://events.adventist.org.au/event/info/4781>.

For further information or to set up a group please contact AndreaKross@adventist.org.au. Allow a 5-day lead time to set up a group.

I want to thank Dr. Darren Morton and Dr. Paul Rankin for all their support in helping us to make this happen.

We need God and our health message more than ever to get through these difficult times!

Blessings,

Geraldine Przybylko
Comprehensive Health Leader/Division Health Strategy Consultant

Greater Sydney Conference of the Seventh-Day Adventist Church

Shannon Building, 185 Fox Valley Road, Wahroonga, NSW 2076, AUSTRALIA

T (+61) 9868 6522 **F** (+61) 9868 9533 **E** sydney@adventist.org.au sydney.adventist.org/au