



## Wellness Activities at Annual Conference

Listed below are the activities and events at Annual Conference sponsored by the Wellness Committee of the Conference Board of Pensions

- ❖ **Wellness Screening:** Open to **all** clergy and spouses. **This includes all local pastors, part-time pastors, commissioned, probationary, extension and retired clergy, elders, deacons, and ministry candidates** even if you aren't on the conference insurance. Saturday (6/8) 6 am-8:30 am and Monday (6/10) 6:00 am- 8:00 am in the lower level of HyVee Hall.  
Included is: a blood-pressure measurement, a self-serve weight measurement, and the following lab tests; glucose, cholesterol (LDL, HDL, & triglycerides), calcium, thyroid, BUN (blood urea nitrogen), and creatinine. Men also have blood drawn for a prostate serum antigen. Pre-registration is encouraged.  
In order for the cholesterol levels to be accurate, you should not eat or drink food or beverages 10-12 hours before your testing time. Take your normal morning medications with water. A registration form is also posted on the Conference web-site with the other information fliers. Please return to:  
Kae Tritle **by May 28**  
63 Ashford Place  
Iowa City, IA 52245 E-mail address: [bktritle@msn.com](mailto:bktritle@msn.com)
- ❖ **Mammogram screening:** Open to all female clergy & spouses on Monday, June 10, 8 am-4 pm. You must have an appointment. Call Iowa Radiology at 515-226-9810. American Cancer Society guidelines apply; over 40 years old, no lumps or problems, and your last one was before January 1, 2019. You will need your insurance information and co-pays may apply. Deadline to call Iowa Radiology is May 20<sup>th</sup>. Location: Stoddard Cancer Center at Iowa Methodist Medical Center.
- ❖ **Bishop's Fitness Walk:** Sunday June 9, 6:00 am to 8:00 am. Join us on a 5K walk/run to raise monies for The Bishop's Fit Challenge. The route will be on the *Principal Riverwalk Trail* along the Des Moines River in downtown Des Moines. Registration fee is \$15. Contact Kae Tritle at [bktritle@msn.com](mailto:bktritle@msn.com) to register and for more information.
- ❖ **Pedometer Walking Program:** Increase your daily physical activity by walking. Clergy and spouses enrolled in the General Board of Pensions can sign up for the Virgin HealthMiles "go-zone" pedometer
- ❖ **Board of Pensions and Conference Benefits Office Informational displays:** Located in the lobby across from the Treasurer's area in HyVee Hall. Information is available regarding Self-Care Strategies, walking, and other benefits included with your health insurance. Open Saturday through Monday to all Annual Conference members.

I invite you to participate in the above activities as you are led and are able. Please take care of yourself physically, emotionally, and relationally in the midst of our ministry celebration called Annual Conference.

Kae Tritle, RN  
Wellness Coordinator