

St. Irenaeus Health Ministry presents ♥ the Healthy Living Survey

Caring for the Body, Mind and Spirit

In an effort to address YOUR needs and to help the Health Ministry plan appropriate programs, ***please check the following boxes below that interest you and your family to help us plan our workshops.*** We appreciate your input and thank you for being part of this survey.

MALE FEMALE AGE: 20 & under 21-39 years 40-61 years 62 years and over

Physical Health	Healthy Living	Mental Health	Family Health	Spiritual Health
Aging Well	Caring for the Caregiver	Advance Directives/ Durable Pwr of Atty.	Blended families	Body, Mind & Spirit Connection
Allergies/Asthma	Eating Disorders	Alzheimer's	Divorce	Centering prayer
Arthritis	Food & Nutrition – Fast Food vs. Family dinner	Anxiety/Panic Attacks	Domestic Violence	Healing Services
Cancer	First Aid Training/CPR	Creating a Clutter-Free Home	How to Enjoy a Thriving Marriage	Healing Touch
Chronic disease	Healthy Snacks & Lunches	Dementia	Is My Child Too Busy?	How to Improve Your Spiritual Health
○ Diabetes	Men's Health	Depression	Living Green	Inviting God Within
○ Heart disease/stroke	Mother/Child Health	Elder Care	Loneliness & isolation	Meditation & the Relaxation Response
○ Hypertension	Overweight children	End-of-Life Issues	Marital enrichment	Power to Forgive and Reconcile
○ Lung disease	Parenting:	Improving Memory	Overweight children	Renew & Balance Your Life
○ Sexually transmitted diseases	○ Adolescents	Loss & Grief	Raising Caring Kids	Spiritual Assessment
Fibromyalgia	○ Pre-school, school age	Respite Care	Raising Grandchildren	Spirituality & Health
Lupus	Parish-wide Weight Loss Challenge	Stress Reduction	Relationship & Life Balance	Spiritual Support & Development
Navigating the Health Care System	Substance Abuse Alcohol & Drugs	Suicide Prevention	Single Parenting	The Eucharist and the family
Physical disability	Women's Health	Transition Tips for Retirement	Time Management	The Trinity: Loving and Relating

Optional information: Name _____ Phone () _____
 May we contact you for your ideas? ___ Would you like to be a part of Health Ministry? ___ Results will be published in bulletin.

Please return completed form to Rectory Office, drop in collection basket or complete online at (healthministry.sticypress.org) by November 11, 2007