

HEALTH MINISTRY

Diane Haig

There are two upcoming events on January 24/25 that Salem's Health Cabinet encourages you to support. They are as follows...

5K Walk to Benefit LHMF – Saturday, January 24, 9:00 am

Sign up at one of the LHMF churches to be a WALKER or to make a PLEDGE for someone walking. We will walk from Salem Lutheran to Zion Lutheran (301 N. Isabel) and back to Salem to enjoy some breakfast and fellowship together. Your support is needed to help sustain LHMF. Thrivent Financial for Lutherans will contribute some funding. Come and join us...together we will help make a difference for LHMF!

Chair Massage Coming to Salem

Sunday, January 25, 10:00 am, Salem's Health Cabinet will host a forum in the Fellowship Hall to introduce the "Chair Acupressure Massage Program." CEO Robert C. Dagley, Executive Group, Inc., will share the program with us and FREE 5-minute chair massages will be offered to those attending the forum.

A minimum of 10 people is needed to start the program at Salem. The cost is \$15 per 15-minute massage. The Health Cabinet hopes to offer the program monthly on a Sunday.

The Executive Group was founded in 1988 and provides on-site chair massage to the employees at the So CA Gas Co., Rockwell, Gemological Institute of America, and Re/Max of So CA as well as health fairs and charity affiliations. Their motto is "Helping People Help Themselves."

Please mark your calendar today and plan now to support the 5K Walk and the Chair Massage Forum!

LHMF Fall Health Festival Update

The flu vaccines given at the LHMF churches totaled 279 and the pneumonia vaccines given totaled 46. We thank Glendale Memorial Hospital for their generous donations of vaccine and staff for our Health Festival clinics.