

Washington Health Ministries Monthly Network & Resources Meeting

COMING SOON NEXT MONTH: May 5th @ 6:30pm

SMALL GROUPS + MEDICAL MISSIONARY = TRANSFORMING
HEALTH EVANGELISM by Doctor Ron Fleck

Adventist Association of Health & Wellness Coaching

Journeying Together

NAD Virtual followups for those who got the trainings in February

Join our **Monthly Coaching Ministry Call** a time to connect, encourage, and grow together in service.

- **Starting Sunday, April 12**
- 7:00 PM (ET) – 2nd Sunday of each month
- 30-minute phone session (auto-call system)

Come receive updates, ask questions, and pray together as we support one another in ministry.

Sign up here: *Adventist Coaching Monthly Call-in Form*

We look forward to connecting with you!

<https://nadhealth.org/coaching/>

Angeline Brauer & the AAHWC Leadership Team

Special Invitation for Adventist Nursing Members

Ministry of Nursing

CONTINUING EDUCATION *Webinar* FOR NURSES

April 21, 2026 | 7:00 pm - 8:30 pm

"Yes, You Can! Empowering Nurses to Support
Caregivers Through Engagement and Resources"



North American Division
of Seventh-day Adventists

Learning Objectives

Describe the steps to develop a comprehensive plan designed for a one-day in-person event aimed at engaging, supporting, and encouraging local caregivers.

Identify at least two micro-interventions to mitigate compassion fatigue and maintain professional boundaries within high-touch faith settings.

Formulate one immediate next step to initiate a community partnership and establish a personal wellness boundary within three days of the presentation.

Describe the Calm the Fire framework and its role in restoring physiological rhythm through small, sustainable daily practices.

Demonstrate the use of the R³ Living Rhythm System (Recognize, Restore, Repeat) as a simple, teachable tool for supporting caregivers.

Apply rhythm-based language and awareness prompts when educating or supporting caregivers in clinical or community settings.



Guest
Presenter

Nicole O. Crawford, DrPH, CPH,
LCSW
Lead Therapist/Owner Keep
Moving Forward Consulting, LLC.,
Orlando, FL

Guest
Presenter

Dawn Patrick Wout, MA, CHC
Behavioral Health Educator
Former Psychiatric Program
Director
Author and Co-Founder of
BodyWell Holistic, Maryland



Sponsored by the Adventist Association of Faith Community Nursing



Scan the QR code or visit our website for more information about the webinar and registration. <https://nadhealth.org/aafcn/education/>

Adventist HealthCare is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. **This activity has been awarded 1.25 Contact Hours.** In order to obtain contact hours, you must: attend the entire webinar, missing no more than 15 minutes and complete an evaluation. This activity is jointly provided by Adventist HealthCare and Adventist Association of Faith Community Nursing (Seventh-day Adventist Church North American Division)

The Emotional Freedom Retreat: Walking the Road to Healing takes participants on a journey of self-reflection using Journey to Wholeness, the SDA Church's Christ-Centered 12-Step program. This process will help participants overcome the self-defeating habits and hangups that we all suffer. This is a journey of growth, but not perfection, one that requires a willingness to be vulnerable with safe people in safe places.



SEPTEMBER 27 - OCTOBER 4

RETREAT

A Christ-centered journey of self-reflection through Journey to Wholeness, the SDA Church's 12-step program. Discover how to overcome harmful habits and grow in a safe, supportive environment.

- Sunset Lake Camp
- 8 days (live-in program)
- Includes professional guidance, mentorship, and habit-building tools
- Investment: \$350

PROGRAM OVERVIEW

- Step One: Coming to the End of Ourselves
- Step Two: Learning to Trust a Loving God
- Step Three: Surrendering to God's Love
- Step Four: Taking an Honest Look at Ourselves
- Step Five: Honesty with God, Ourselves and Another
- Step Six: Becoming Ready to Let Go
- Step Seven: Letting God Have Our Defects
- Step Eight: Looking a Who We Hurt
- Step Nine: Making Healing Amends
- Step Ten: Continuing the Daily Journey
- Step Eleven: Developing Intimacy with God
- Step Twelve: Inviting and Discipling Others



**GUEST SPEAKER:
DAVID SEDLACEK**

CONTACT & REGISTRATION

Email: Elida.Jerez@wc.npc.org
Phone: 253.250.1646
For information & registration

Associate at the SDA Theological Seminary at Andrews University with over 50 years in addiction treatment. He is Coordinator of Addiction Services for NAD ARMin.

PRAYER REQUEST
for the team that signed up
for the Medical Missionary
Training back in February
Graduation April 26th will
conclude to finish this 3-month
course

GOD'S SPECIAL FORCES



GOD'S SPECIAL FORCES

MEDICAL MISSIONARY TRAINING
IN PERSON

✓ SUN., FEB. 8, & APRIL 26, | 8:30 AM-3:00PM

VIRTUAL

✓ WEEKLY, SUN., FEB. 15 THRU APRIL 19, 2026
6:30 AM-8:00AM

RSVP

Elida.Jerez@wc.npuc.org | 253-250-1646
WASHINGTON CONFERENCE
32229 Weyerhaeuser Way S
Federal Way WA 98001

Regional Convocation- Southern District (takes place instead of campmeeting)

District Convocations:

- Southern District (Chehalis SDA Church): May 29–30, 2026
- Central District (Auburn Adventist Academy): June 19–20, 2026
- Peninsula District (Bremerton Adventist Christian Church & Sequim Adventist Church): August 7–8, 2026
- Northern District (North Cascade SDA Church): October 9–10, 2026

Additional Dates Gathering:

- Regional Convocation (Warm Beach Camp, Stanwood, WA): May 15–16, 2026
- Spanish Camp Meeting (Auburn Adventist Academy): June 12–14, 2026

Community Health Fair Forest Park (Volunteers Needed)

When: Sunday, May 3, 2026

Time: 11:00 a.m. to 3:00 p.m.

Where: FPACS School Gymnasium 4120
Federal Ave., Everett, WA 98203

Contact: Dawn Boyd

Health Ministries Coordinator

Forest Park SDA Church

Dawnboyd4777@gmail.com

541-531-3019

HEALTH FAIR

Sunday, May 3, 2026

11:00am to 3:00pm

FPACS School Gymnasium

4120 Federal Ave.

Everett, WA 98203

Learn practical lifestyle
principles for lasting health



Free On-Site Screenings Include:

- ✚ Cholesterol Check
- ✚ Blood Glucose & HbA1c
- ✚ BMI, Blood Pressure, Heart Rate & SpO2

While supplies last



SPECIAL EVENTS

- ✚ Vegan Inspiration Station
- ✚ Doctor's Corner



SAVE THE DATE

CENTER FOR MULTICULTURAL HEALTH

COMMUNITY HEALTH FAIR & FREE RESOURCES DAY



JUNE 7TH 2026

🕒 09:00 am - 2:30 pm

Free Health Services:

- Dental Health Services
 - Blood Pressure Screening
 - Blood Sugar Screening
 - Cholesterol Screening
 - HIV/STI Screening
 - Mammogram education
 - Orca cards *(for those who are eligible)*
 - Medicaid/Medicare Enrollment
 - Youth Activities & Giveaways
 - Fresh Produce Giveaways
- Dental Cleanings
Dental X-Rays
Tooth Extractions
Fillings*



Venue:

32229 Weyerhaeuser Way S
Federal Way, WA 98001

For more information: Email: senan@eschc.org
Call: 2064616910 ext 231

{Together for Better Health}

Health Ministries Community Health Fair Volunteers Needed (Washington Conference)

We are seeking dedicated volunteers to support our annual Community Health Fair held at the Washington Conference office. This event is an important outreach opportunity to serve our community and promote whole-person health.

- We are currently in need of:
- Dentists
- Nurses
- Registration Team Members
- Greeters
- Food Bag Preparation Volunteers

Your time and service will make a meaningful impact in the lives of those we serve. Thank you for partnering with us in this important ministry.