

YOU AND YOUR HEALTH

PASTORS AND ELDERS HEALTH

7/16/2019

PRESENTER:

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*THIS HANDOUT AND ALL OTHER RESOURCES ASSOCIATED WITH THIS PRESENTATION CAN BE DOWNLOADED AT WWW.LAFIRSTJURISDICTION.COM UNDER USAC 2019 PASTORS AND ELDERS HEALTH.

INCREASING AWARENESS

*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.
3 John 1:2*

KNOWING YOUR NUMBERS

- BLOOD PRESSURE
- BLOOD SUGAR
- HEART RATE
- AMOUNT OF PHYSICAL ACTIVITY
- WAIST SIZE

REASON TO NEVER NEGLECT WATER

- MAINTAINS NORMAL BODY FUNCTION
- INCREASES YOUR ENERGY LEVEL
- WATER EMPOWERS YOUR MUSCLES

KNOWING YOUR BENEFITS

MEDICARE 101 WHO - WHAT – WHY

- MEDICARE PART A
- MEDICARE PART B
- MEDICARE PART C
- MEDICARE PART D

LOUISIANA MEDICAID

- WHO IS ELIGIBLE?