



*"Is any among you sick?
Then let them call for the
leaders of the church..."
James 5:14*

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Dear Cycling Enthusiast:

Like you the Church Health Center believes in living an active lifestyle, eating well and finding ways to reduce life's stresses. In fact, we spend one dollar on prevention for every dollar we spend on treating disease. We believe by caring for our bodies and spirits we *live life to the fullest* and are able to do the work God has intended for each of us to do.

Lately I have become a real cycling fan and find myself checking into the Vuelta during the evenings trying to keep up with all the strategies. I often hear from our employees, Kevin Roehl and Joy Johnson, about the sport and how Memphis has such an active cycling community including, an early morning toteboard competition and many group rides throughout the week.

Our wellness arm of the Church Health Center wants to start a spinning program. Hope & Healing has 120,000 visits a year and we believe adding a spinning program would help our members to achieve their highest level of wellness in the following ways:

- Provides a group exercise class suitable to all fitness levels – a single parent mother along side her overweight nine year old son.
- Motivational – will encourage, motivate and provide accountability for first time exercisers.
- Therapeutic – will enable individuals who are recovering from severe incidents an alternative means of exercise.

I realize I am preaching to the choir, but for our dream to become a reality I need your help.

Our cost to begin this new program from scratch is \$25,000. Memphis Thunder has already presented us \$5,000 for this, and we also have an anonymous gift of \$2,500 for the spin program campaign.

I have spoken with individuals from cirque du velos, Memphis Motor Werks, Los Locos, Hightailers, Memphis Velo, Tarapins and many individual cycling enthusiasts who have all told me they want to help.

If every club in Memphis would contribute at least \$3,000, we could make this happen before the end of the year. If the individual cycling enthusiasts also join in, I know we can do this by November 30th.

When you hear from your club president or your local shop, I hope you will make a donation towards this effort. Thank you for helping Memphis become a healthier community and for helping us offer this healthy means of exercise.

With gratitude and hope for healing,

G. Scott Morris, M.D., M.Div.
Executive Director

 [Click here to learn more at
ChurchHealthCenter.org](http://ChurchHealthCenter.org)