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TIPS & Resources

"As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God." (1 Peter 4:10)



OBESITY

Obesity is the origin of an assortment of medical illnesses, such as hypertension, type 2 diabetes, coronary heart disease, some forms of cancer, and other poor health conditions. Children and adults alike are encouraged to maintain an appropriate and healthy diet. Nutrition balance and fitness are key deterrence to decreasing the growing epidemic of overweight individuals and unhealthy lifestyles.

Source: Department of Health and Human Services / Centers for Disease Control and Prevention

<http://www.cdc.gov/nccdphp/dnpa/obesity/>

The purpose of this ministry is to provide a network guide for information, assistance, tips, and referrals.
The Coptic Orthodox Diocese of the Southern United States and St. Verena Resource Ministry
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