



# GoodNEWS Follow-up Measurement Events 2010



**Who:** *GoodNEWS Wellness Club Members* (completed initial measurements and have official study ID number) NOTE: 2008 church pastors who are not wellness club members, and 2005 pastors and lay health promoters may still be eligible to be measured. Details and sign-ups to follow.

**What:** **FREE** follow-up measurements (blood pressure, blood test, body measurements, diet history and health questionnaires, physical activity interview)

**When:** Saturday, April 10 7am – 2 pm  
Wednesday, April 21 7am – 11am  
Saturday, April 24 7am – 2 pm  
Saturday, May 15 7am – 2 pm

**Where:** Friendship West Baptist Church  
2020 West Wheatland Rd.  
Dallas, TX 75232

### Some additional perks!

- Wellness Club Members receive \$20 gift card for completing all measurements.
- LHPs receive \$5 per Wellness Club Member who successfully completes all measurements (total collected will be distributed among # of LHPs)

**Why:** Each wellness club member is vital for our ability to test and report whether the GoodNEWS program is effective in the way we predict, and for us to be eligible to receive continued funding for our community programs.

**How:** With teamwork and perseverance, we will contact, encourage, and follow-up with each and every GoodNEWS Wellness Club Member! Every person contributes to our success as a community!

**Special Notes:** Measurements will take up to 3 hours to complete and will require fasting for 12 hours.

### Lay Health Promoters and Pastors, here's how you can help!

**December:** Spread the word and help your Wellness Club Members understand the value and importance of their participation in this follow-up measurement. Please keep the bulletin announcement below in your weekly bulletin from now until April/May 2010:

**“ All GoodNEWS Wellness Club Members, please make plans to attend the GoodNEWS Measurement event!**

If you participated in the GoodNEWS measurements (blood pressure, weight, cholesterol, blood sugar, diet and physical activity screenings) in September/October of 2008, please make plans to be re-measured. In order to get more health related resources in to African-American congregations and communities, it is vital that you honor your commitment to the GoodNEWS Program and return to be re-measured. ***You may attend on one of the following dates : Saturdays: April 10, April 24, or May 15, 2010 from 7 a.m. to 2 p.m. each day; or Wednesday April 21, 2010 from 7 a.m. to 11 a.m. (Please come fasting)***

Let's show our families, congregation and community that we care about our health!