

Women’s Health and Wellness



**Ginger Hill –
Good Health For Good Works**

Websites

Good Health For Good Works

www.goodhealthforgoodworks.org/womenofhope

Ginger created a web page on her site just for Women of Hope. Click on the link above to find resources to help you support your body, mind, and spirit to stay well in order to serve well. It also contains the link where you can sign up for healthy encouragement found in her monthly email newsletter that she sends to all subscribers.

Resources for your Body

Navigate food-affluent fellowship gatherings

Find suggestions for emergency meals and go-to snacks

Resources for your Mind

What moves you to move?

How to exercise when everything falls apart!

Resources for your Spirit

Before you say “Yes!”

Five reflections for the rest-resistant