

**Q: What's in the STAR Project manual and kit?**

**A:** The manual includes things like lecture notes, handouts, activity sheets, table-top presentations and record keeping forms. The kit includes teaching aids such as charts, pencils, instructional DVDs and everything you need for games and activities.

**Q: Do I get paid? What's in it for me?**

**A:** As you know WMLs are volunteers who have been selected by their pastor to minister to the congregation in this very important and vital work. WMLs are rewarded with the knowledge that they make a difference in the lives of others and potentially prevent untimely and senseless deaths. WMLs receive a free yet very valuable training by a highly skilled and knowledgeable staff of professionals along with ample supplies with which to work. Moreover, CWD remains committed to finding tangible ways to reward and bless these volunteers as often and as generously as possible.

**Q: How many people can I recruit?**

**A:** The sessions are designed for groups of 12 to 15.

**Q: I am not a teacher, can you help me teach this?**

**A:** Assistance will be provided for any WML desiring help with presenting the information.

**Q: Is maintaining medical records or other reporting required?**

**A:** No medical records are kept. The WML will maintain and submit monthly attendance records. This is no different than the monthly reporting that is currently expected. The WML will keep a record of the participants' progress throughout the 13 weeks. A copy of this information must be submitted monthly.

**Q: Can you help me with talking to my pastor and recruiting people?**

**A:** Yes, the staff will gladly help you explain the **STAR Project** to your pastor and will provide tips for recruiting participants.

**Q: Is there a nurse to help me with measurements?**

**A:** You will learn how to take measurements during the train-the-trainer course. If you still need assistance, it will be provided.

**Q: How is success measured?**

**A:** We applaud any improvement. Large or small accomplishments are valued. Therefore, success is measured by any reduction in weight and any reduction in blood pressure.

**STAR Project Train-the-Trainer Course**

2 OPTIONS:

Thu Nov 10, 5-9pm and Fri Nov 11 10a-4p or  
Thu Nov 10, 5-9pm and Sat Nov 12 10a-4p  
Pick up kits on January 6, 2017 3-6pm

TRAINING: 2022 St. Bernard Ave. New Orleans, LA



The STAR Project provides a faith-based plan to becoming healthier.

The STAR Project is designed to be a time for gaining knowledge, skills and new attitudes in a spiritually rich environment.

The overarching goal of this 13-week project is better blood pressure control and reduced weight.

Strategies include sharing information, Healthier eating, increased physical activity, prayer, meditation and reflection.

To enroll or for more information contact Sharon – 504-593-2339 (registered nurses) Lisa – 504-593-2330 (lay health advocates)



**The STAR Project is an exciting initiative being implemented in churches within the Congregational Wellness network to address hypertension and obesity.**

**Statistical data from various sources indicate that hypertension and obesity are contributing factors to the high incidence of cardiovascular disease. Cardiovascular disease is the number one cause of death in the United States.**

**WE'RE DOING SOMETHING ABOUT IT!**

## **FREQUENTLY ASKED QUESTIONS**

**Q: What is the STAR Project?**

**A:** The **STAR Project** is an initiative to help people lose weight and lower blood pressure.

**Q: Why is it called the "STAR Project"?**

**A:** We believe that there is a star in every person. Sometimes our brightness is hidden by unwanted pounds and by the bondages of sickness and medications that dull and subdue the strong and vibrant personalities just beneath the surface. We believe people are happier and more productive when they are healthy. Our motto is: "There's a star in you!" Our aim is to help people shine brightly.

**Q: Is it a class?**

**A:** The **STAR Project** is more than just a class. It's a support group made up of individuals with weight and blood pressure issues. The wellness ministry leader (WML) or someone they have selected will present information to help the participants to understand more about his/her body and how to become healthier.

**Q: So, people will just sit around and talk about their weight problems?**

**A:** Absolutely not. Sessions include activities, games, exercise, dancing, prayer and meditation.

**Q: Who will lead the sessions?**

**A:** The WML will lead the sessions but can get capable others to assist in whatever capacity needed.

**Q: When and how often does the group meet?**

**A:** The **STAR Project** is a 13-week program which meets once per week for two hour sessions. The day and time is set by the WML and the pastor. However, the first round of sessions will begin in January and end by April.

**Q: Where will the sessions be held?**

**A:** The sessions are held at your church, at a church member's house or some other safe location arranged by your church.

**Q: Who is eligible to participate in the STAR Project?**

**A:** People who are overweight or have been diagnosed with hypertension.

**Q: What will the participant know how to do after completing the class?**

**A:** The participant will be able to identify the systems in the body being affected by weight gain and high blood pressure and what to do to correct these negative effects.

**Q: Will it cost my church any money?**

**A:** There are no enrollment costs for the church or the participants and the training for the WML is free too.

**Q: How much help will we get from Congregational Wellness in establishing the program?**

**A:** Congregational Wellness will train the WML and is committed to provide continued support throughout the 13 weeks.

**Q: How do I get started?**

**A:** The WML will need to attend a train-the-trainer course. The **STAR Project** manual and toolkit will be provided free of charge.

Churches that complete the project successfully are eligible to receive a \$4,000 grant.