

# Rockwell's Healthy Village

## Mecklenburg County Village HeartBEAT



### Rockwell's 2017 Competition Team

Tina Baldwin  
Barbara Costen  
Larry Costen  
Delores Crowder  
Tina Gatlin-Co- Captain  
Wendy Gooding  
James Freeman  
Katwren Anderson-  
Freeman- Co-Captain  
Neal Harrison  
Yvonne McIlwain  
Blondina Reid  
Matee Sackie  
Suzette Spencer-Captain

Village Heart B.E.A.T., Building Education and Accountability Together is designed to promote better heart health awareness and to enhance community resources in a coordinated health care service model to address obesity and heart disease awareness among African American and the Hispanic populations. For more information please visit [www.VillageHB.org](http://www.VillageHB.org)

## Rockwell Healthy Challenge Teams

This is the program available to all members and friends of Rockwell AME Zion Church. Participants in this program are challenging each other -**Men vs. Women** to see which group can demonstrate the most positive changes in their health and wellness. Participants will start out with a **health screening** conducted by the YET Ministry's Nurse Guild. Throughout the program participants will have a pre/post-assessment and monthly monitoring. Also, during the challenge period the participants will be **supported** by each other and have access to events designed to **promote better health and wellness.** (nutrition, physical fitness, etc.) Events will be provided at the church level and throughout Mecklenburg County. Sign up information is provided in the vestibule or by calling or emailing the church office.

### Frequently Asked Questions

**~Is it too late to join a team?** You may still join the Rockwell Healthy Challenge Team. Information is provided after church each Sunday or you may email/call the church office. All spots have been filled for the Village Heartbeat Competition Team for 2017.

**~What are the requirements for being on the Rockwell Healthy Challenge Team?** You will need to complete a simple registration, pre/post screenings, and report your physical activity to help your team earn weekly points. You are encouraged to participate in provided activities but are not required to do so.

**~What is the difference between the Mecklenburg County Competition Team and the Rockwell's Healthy Village Team?** All participants in both are a part of the Rockwell Church family. All have expressed the desire to improve and/or maintain their overall health. The Village Heartbeat Team has a higher level of responsibility and are required to participate in activities provided by the Mecklenburg County Health Dept. They also have access to certain facilities at no or low cost and compete against more than 25 churches in Mecklenburg County. All rules and guidelines are set by the Mecklenburg County Program. Rockwell's Healthy Village is basically a healthy competition within our church to focus on ourselves and each other. We're all trying to get reach the same destination-HEALTHY!

### Physical Activity Opportunities For Anyone

**~ Chair Aerobics**-Rockwell-John & Kathy  
Hairston Fellowship Center-  
Tuesdays/Thursdays- 11:00-12:00

**~Chair Aerobics**- St. Luke Missionary Baptist  
Church  
Tuesdays/Thursdays 10:00 am

**~Walks With Mitch**- University Park Baptist  
Church  
Tuesdays/Thursdays -6:00-7:00 pm

**~Zumba** -Camino Community Center  
Mondays-7:00 pm  
Tuesdays- 10:00 am

**~Aerobics Class** New Life Fellowship Center  
Mondays 7:15 pm

**~Line Dancing**- First Baptist West Church  
Fridays 7:00 pm

**~Fitness With Mitch** – Freedom Park  
Saturdays 9:00 am

This is a partial listing of activities. Please visit the "calendar" website for updates.  
*All activities are free of charge.*

### Upcoming Events For All

~2/4 Go Red For Women- Delta Center- 5408 Beatties Ford Road ~  
2/7 Board of County Commissioner's Board Meeting  
Visit [www.villageHB.org](http://www.villageHB.org) for more information

For More Information Please See: Suzette Spencer-Captain  
Katwren Anderson-Freeman, Tina Gatlin -Co-Captains