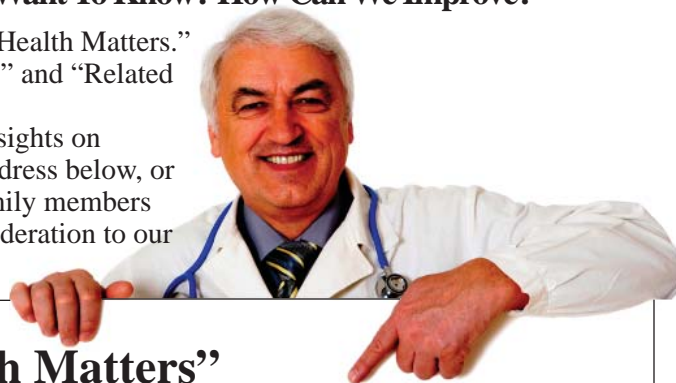


Health Matters – Does It? In What Ways? What Do YOU Want To Know? How Can We Improve?

During the past year, we have written and posted articles concerning “Health Matters.” These have included monthly articles in The Disciple, “Tips of the Week,” and “Related Links” to health web sites.

Please fill out this short survey, give us your thoughts, opinions and insights on “Health Matters” over the past year. Please call or return it to us at the address below, or drop completed surveys off at the church office. Consider all of your family members in your response to these questions. Thank you for your thoughtful consideration to our survey.



Survey on “Health Matters”

| <i>Please check the appropriate column for your answer to each question</i> | <i>Always</i> | <i>Usually</i> | <i>Sometimes</i> | <i>Never</i> | <i>No Opinion</i> |
|-----------------------------------------------------------------------------|---------------|----------------|------------------|--------------|-------------------|
| Do you enjoy reading about Health | | | | | |
| Do you read “Health Matters” articles? | | | | | |
| Is our information and content helpful? | | | | | |
| Do you have regular (Daily) exercise? | | | | | |
| Do family members exercise (Daily)? | | | | | |
| Do you have regular outdoors activities? | | | | | |
| Do you eat a regular breakfast? | | | | | |
| Do you have a balanced diet? | | | | | |
| Are you concerned about good nutrition? | | | | | |
| Do you maintain a healthy weight? | | | | | |
| Are any family members overweight? | | | | | |
| Do you get enough quality sleep? | | | | | |
| Is your Good Health a primary concern? | | | | | |
| Want to know more on Children’s Health? | | | | | |
| Want to know more on Health After 50? | | | | | |

What other subjects would you like to see regarding Health Matters?

_____ , _____ , _____

What 2 – 3 areas can we improve in our content or presentation?

_____ , _____ , _____

Do you have other comments, insight or experience on Health Matters?

What other health related questions are important to you?

Would you like to write or contribute to an upcoming article? Yes ___ No ___ Maybe ___

Your Name _____

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