



Church leadership and the health community have recognized that clergy members are under a great amount of stress. Due to the stressful demands of their calling such as frequent relocations, high public visibility and long work hours, many lack the time or ability to properly manage their personal health and fitness needs.

This often leads to compromised physical, emotional and spiritual wellness, exhibiting in health issues such as obesity, arthritis, depression, heart problems, high blood pressure and diabetes. To address this growing problem, Pfeiffer University has drawn together expertise, knowledge and resources to offer the Clergy Health Institute.

## THE CLERGY HEALTH INSTITUTE

The Clergy Health Institute is a year-long program designed to address the health and wellness needs of clergy across all denominations. It begins with a seven-day retreat at Pfeiffer University, a private liberal arts university affiliated with the United Methodist Church located in Misenheimer, North Carolina. The retreat hosts two separate yet simultaneous cohorts of 8-10 clergymen and women to come together for spiritual enrichment, wellness training and renewal. The Clergy Health Institute is based on the clergy affinity program, ShepherdCare.

The foundational text for its spiritual components is *Feeding and Leading of Shepherds* by Rev. Beth M. Crissman. Together, participants learn about improving nutrition and eating behaviors, stress management and occupational relationships, family and social relationships, emotional wellness and physical fitness.

Over the course of the year as they “check-in” at follow-up sessions, participants will improve their health, increase their energy and be better able to continue serving and making a positive impact on their church communities.

## 2021 PROGRAM SCHEDULE

### July 2021 at Pfeiffer University

The program includes follow-up sessions in October, January, April, and July.

**Program cost: \$2,500/year long program**  
Scholarship assistance is available for qualified participants.



For more information or to register:

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[clergyhealthinstitute@pfeiffer.edu](mailto:clergyhealthinstitute@pfeiffer.edu)

[pfeiffer.edu](https://pfeiffer.edu)

Beyond Boundaries