NAD and the 2015 Health Missionary Book

The North American Division (NAD) serves the territory of Bermuda, Canada, Guam, Micronesia, and the United States with nearly 2 million members and 6,000 churches and companies.

Leaders of the North American Division have a vision to “Reach North America and the world with the distinctive Seventh-day Adventist message of hope and wholeness.” The NAD Health Ministries Department supports this vision with the motto “Choose a Full Life, Tell the World,” inspiring and motivating members to embrace a message of health and wholeness in their own lives, while sharing the good news within the church and through outreach in the community. The NAD Health Ministries vision is that each congregation in the NAD will be known in its community as a center for health, healing, and wholeness.

The 2015 missionary book, Health & Wellness: Secrets That Will Change your Life, contains balanced, evidence-based biblical principles for whole health that can be shared with family, friends, and anyone with whom we come into contact. It offers practical principles for living an abundant life and important topics for health and wellness including depression, resilience, healthy relationships, active living, faith in God, and much more.

During the recent NAD Year-end Meetings, NAD officers, along with NAD officers join Health Ministries and Ministerial Department directors in a prayer of dedication for the 2015 health missionary book on October 31, 2014, during the Year-end Meetings.
Health Ministries and Ministerial leaders prayerfully dedicated the book, making a commitment to personally share it and promote it widely.

We plan to motivate and engage union, conference, and local church members to share the book during their daily interactions, as well as during any church-sponsored outreach in 2015. Three dates have been selected to motivate churches to participate: A special Health Impact Day is planned for April 18, 2015 (throughout the NAD), July 5, 2015 (after the General Conference session 5K run in San Antonio, Texas), and on Let’s Move Day, September 20, 2015 (division-wide annual health outreach day). Books will be available in English, French, Spanish, and Portuguese.

A Web site, NADHealthMinistries.org/HealthBook, was created to provide information, easy access to videos, and printed resources for promotion, as well as to pre-order the book at significant discounts.

The 2015 Health Impact Day will be an opportunity for churches to plan health outreach activities, along with book distribution, in their local cities and communities.

Let’s join this global effort to share a message of hope and wholeness in print through the 2015 Health & Wellness Missionary Book.

Katia Garcia Reinert, NAD Health Ministries and Adventist Recovery Ministries Director

Commitment Card to be used by church members throughout the North American Division.
For those planning Impact Day for the first time, we have to start working now to have a great event next April. Based on the experience of others who have a history doing Impact Day, below are important steps to assure your program’s success with God’s help.

1. Special promotional editions of the books should already be printed; if not, they should be printed as quickly as possible.

2. With administrators (division/union/publishing houses), decide on a unified low price for the division or country.

3. Have a project coordinator (publishing and/or health) in every congregation.

4. Send promotional materials to all project coordinators, such as samples of the book, pamphlets, commitment cards, and videos (left) translated into the local language(s).

5. Health and publishing leaders should recommend ideas for health events or activities to every church. Each church should choose a health program to hold during Impact Day.


7. Plan to collect the money for the missionary book from church members by the last Sabbath of January 2015.

8. Send the money collected to the publishing house as soon as possible.

9. By the end of February, books should be printed and sent to churches.

10. Books should be in every church by the end of March 2015.

11. On April 2015, Seventh-day Adventist health events and the distribution of the Health & Wellness book should take place in every community.

Wilmar Hirle, Associate Publishing Director

Steps for a Successful Health Impact Day, April 18, 2015