

Be Healthy Ministries, Inc. 2021-2022 Annual Report
Completed by Ms. Stephanie Grey FCN/PT/NHC

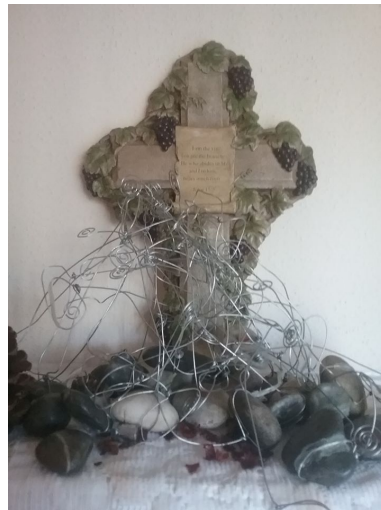
We praise God for His blessings, health and protection over the many years and we look forward to serving many people in the future public health and safety!

We continue to develop and upgrade our projects to meet community needs and demands, as the public health and safety arena...remains very dynamic and is forever changing.

We will be using the Bible and its Foundation as our guide for future projects. We will be highlighting Jesus' prophecies of end time events, in Matthew 24- His Olivet Prophecy! These events are inter-related to public health and safety events we face now and in the future!

We believe in helping all our partners, clients, families and communities we serve to be prepared and learn how to practice self care, in order to take care of their families and communities.

Prayer and Evangelism!

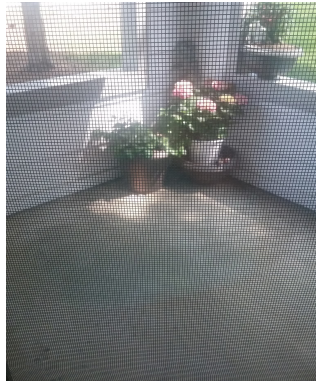


*We continue to pray and help others know Christ through :
sharing books,bibles,publications,resources,through mail,
in person and online.*

*We support and pray for God's Church and all organizations/
ministries that enhance the Gospel of Jesus Christ!*

*We believe Christ is the son of God,both of a virgin Mary, was crucified,
buried, but rose again. Through His death, the World was saved. John 3:16*

Be Healthy Kitchen, Cleaning and Garden!



******We do Green Cleaning with our Steam Mop! Welcome to our Prayer Garden!***

******Jamaica's Markets—so healthy with vegetables and fruits!***

We share resources on **Cooking, Cleaning and Gardening**, so visit:

<https://behealthymin.weebly.com/be-healthy-kitchengardeningcleaning.html>

Be Healthy Justice Ministry!

We continue to be an advocate against all forms of injustice, violation of civil and human rights. We are **Pro Life and Prevention of Human Trafficking/Modern Day Slavery Advocates** and we are writing our first book on **Justice**, and will keep you informed when it's published. <https://behealthymin.weebly.com/be-healthy-justice-ministry.html>

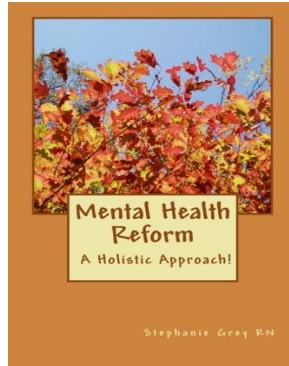
“ Seeking justice, love mercy, and walking humbly with our God.”

Micah 6:8

We promote a **Culture of Life** and **Justice** back into our communities and nation, and believe all lives are precious to **God !!** We attended and supported **Pro-life** events, canvassed for **Pro Life** candidates, signed petitions, and wrote legislators surrounding pro-life legislation to save lives! We thank **God** for the overturn of **Roe. vs Wade**, but the fighting in each State to protect the lives of unborn children...continues! We believe all persons are fearfully and wonderfully made in God's image! *****Psalm 139:13-14**

Be Healthy Minds Clinic!

We continue to promote and advocate for all battling. mental illnesses and all forms of addictions. We believe in a **Holistic Approach to Mental Reform!** Get our book on Amazon! <https://www.amazon.com/Mental-Health-Reform-Holistic-Approach/dp/1512347841>



With so many suicides, overdoses, opioid and Fentanyl addictions, food and sex addictions, money and spending addictions, we developed ***Be Healthy Minds Virtual Clinic*** with holistic resources.. Only ***Christ*** can help anyone overcome addictions, and find true peace. Our clinic has resources and information to help connect people to support they need to heal! Connecting with nature, exercise, healthy nutrition, adequate sleep and rest, detox, fasting & prayer, aromatherapy and hydrotherapy/hydration are some ways to promote brain health and safety!



******This was taken at a library, with a great walking trail and also books to read along the way! Reading, writing, walking, fresh air and listening to nature...enhances the mind, body and spirit!***

Be Healthy Kids/Youth/Education/Literacy!

<https://holisticlivingnetwork.weebly.com/be-healthy-kidsparentsyouth.html>

Our educational system is broken, and we need a ***Holistic Approach*** to mend it nationally, locally and globally! We need to protect religious freedom and freedom of speech, and also help connect those battling mental illnesses to resources early! Our parents, children and youth need a balance in their minds, bodies and spirits, and ***support*** both at home, in community, at school

and place of worship. **Literacy** is very important and helping students who struggle with learning, is crucial to advance an educational system accessible to all students.

*****Racism, segregation, pornography, sexual violence, and other injustices,
are not to be in any school!**

*****Be Healthy Community/Disaster Preparedness Clinic!**

We continue to research the best resources to help everyone prepare for public health safety and threats locally and globally. We continue to update our pages each month, so visit us and share resources! Please reach out to your local government, community leaders, places of worship and media, to learn how to protect yourself and your family ! Visit:

<https://behealthymin.weebly.com/community--disaster-preparedness-ministry.html>

*****F.I.T. (Faith! Inspiration! Triumph!) Clinic!**

We all must practice self-care and take care of our bodies...before we can take care of others. Our bodies are the **Temple of God! (1 Corinthians 3:16-17)**. *****We share resources each month to help everyone stay fit : eat healthy, detoxify, exercise, connect with nature, address mental and spiritual health issues, sleep well and manage stress!**

*****Senior Wellness and Safety Clinic!**

<https://holisticlivingnetwork.weebly.com/senior-wellness--safety-ministry.html>

*****Smoking Cessation Clinic!**

<https://holisticlivingnetwork.weebly.com/be-healthy-smoking-cessation-clinic.html>

*“Trust in the Lord with all your heart
and lean not on your own understanding,
In all thy ways acknowledge Him,
and He will direct thy path!*

Proverbs 3:5-6

Stephanie Grey FCN Director ,
Be Healthy Ministries Inc , www.behealthymin.weebly.com
Holistic Living Network, www.holisticlivingnetwork.weebly.com