

## Community Wellness Survey

1. How would you rate your health?

☐ Excellent    ☐ Good    ☐ Fair    ☐ Poor

2. If you could add another seven-ten years to your life, or a life of a loved one by adhering to healthier lifestyle principles, would you do it?

☐ Yes    ☐ No

3. According to recent studies these three elements are crucial for a person's wellness

a) taking care of physical and mental health

b) develop spiritual life

c) create relationships based on love

Which areas do you think you would need to improve?

a)    b)    c)

4. Were you aware that National Geographic conducted a study on the longest living people in the world and discovered that these principles are found in the Bible?

Would you like to learn more about the health principles they are using to enjoy a better quality of life?

☐ Yes    ☐ No

**“It has been discovered scientifically that physical, mental, and spiritual health are strongly related to each other . The final few questions deal with this.”**

5. Taking some quiet time daily for thinking/praying determines emotional stability, specialists say. How often do you take time for quiet thinking/ praying?

☐ never    ☐ rarely    ☐ often    ☐ every day

6. Many people believe that the recent increase of wars, natural disasters, and current problems with the economy are mentioned in the Bible as signs that point to the end of time. Do you think it could be true?

☐ Yes    ☐ No

7. Which of the following programs or activities would you be interested in attending if they were held in your area?

<input type="checkbox"/> Healthy Cooking Class	<input type="checkbox"/> Prophecy seminars
<input type="checkbox"/> Stress Management Class	<input type="checkbox"/> Evolution vs. Creation seminar
<input type="checkbox"/> Stop Smoking Program	<input type="checkbox"/> Bible study personal
<input type="checkbox"/> Depression Recovery Program	<input type="checkbox"/> Bible study group

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**E-mail address:** \_\_\_\_\_

**Phone number (Optional):** \_\_\_\_\_

*Thank you for participating!*