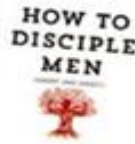


Ambassador-Gram

July 2020

A Message From

LUTHERAN MEN IN MISSION



Feature Ministry Area



MEN'S WELLNESS INITIATIVE

Love the Lord with our heart, soul, mind and strength.
(Matthew 22:37)

LMM's Men's Wellness Initiative is enhancing its commitment to men's health.

Spiritual health is a longstanding hallmark of LMM. It is at the heart of every Bible study, retreat, fellowship event, and at the heart of all that we do.

A few years ago, our ministry expanded into the fitness arena as we host an annual cycling event in conjunction with RAGBRAI. This helps to both promote fitness and encourage men to have healthy, active lifestyles.

What is New?

Our Wellness Initiative expands further into the men's health arena.

- We are connecting active men through virtual communities on the **STRAVA** fitness platform.
- LMM has a running club and a cycling club where men can join other men. Simply create a Strava account, download the app and search for *Project Twelve Cycling* and *Project Twelve Running*.
- **Anytime you go for a walk, a ride, or a run**, simply log those miles and you will connect with other LMM supporters to interact with, receive encouragement, and be blessed on your health journey. -->

LMM is planning on a series of **Listening Sessions** with groups of healthcare professionals.

- Panels made up of medical and mental health providers and care team members.
- Identify resources and gaps in resources available to men in these areas.

The intended outcome:

- Engage men struggling with mental and physical health.
- Highlight and promote wellness leaders and professionals through our LMM network, being the hands and feet of Jesus in their daily work.
- Provide Helpful Resources: *Project Twelve* will soon post "10 sneaky ways that COVID 19 is affecting our mental health."

We will host a webinar on *Keeping Active During Quarantine*

- Tips on starting or maintain an exercise program.
- Sage advice from Exercise and Sport Science professor, Physical Therapists, Personal Trainers, and Fitness Coaches

What is needed?

- Refer medical or mental health providers interested in participating in the LMM/Project Twelve Listening Sessions.
- If you have read an article, see a video, podcast, or read a book that has touched you, please submit it via the form on the Project Twelve Website or email Kyle Pederson.
- Talk it up and promote a healthy, active lifestyle.

For more information please contact Kyle Pedersen at kyle@lutheranmeninmission.org.

From the LMM Annual Meeting (June 6, 2020):

Special thanks
to all of our board members for their commitment and leadership to LMM.

Outgoing Board Members

Jay Wenger Tim Crout
Bernie Bressen Tom Lucas Jeff Mason

LMM Executive Board 2020-2021

Hal Derrick, President
Lon Buss, V.P.
Jay Kuchenbecker, Treasurer
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LMM Ministry Team Directors

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Antoine Cummins, Discipleship
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Conference of ELCA Bishops Representative
Lynette Todd, WELCA Representative

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Kevin Burke, Discipling Consultant
Kyle Pederson, Emerging Ministries Consultant
Doug Haugen, Consultant
Vic Williams, *foundations* Editor/Writer
Kathryn Brewer, *foundations* Designer

Check out other resources, opportunities, and ideas available at:



projecttwelve.net

encouraging men
to be better



lutheranmeninmission.org

including past & current newsletters @
[LMM foundations Newsletters](#)



boldgathering.com

w/speaker videos