NORTH DALLAS COMMUNITY BIBLE FELLOWSHIP

UPCOMING EVENTS & UPDATES

BEAUTY FOR ASHES

SISTERS ON THE Rise

COLLABORATION

PRAYER & PRAISE FOR THE GENERATIONS

THIS SATURDAY
9AM-NOON
YOUTH AREA

REGISTRATION CLOSED

Learn more

Join us for a fun, faith-filled gathering designed to bring joy, connection and sisterhood! Enjoy a lively icebreaker, an engaging skit, meaningful fellowship time, and a friendly round of Jeopardy that's sure to spark laughter and competition. Lunch is included, and we'll top it all off with exciting prizes you definitely want a chance to win. It's a Women's Ministry event you don't want to miss. Wear your finest denim and pearls.

Register Here

Calling all boys and men! **Our men's breakfast is slated for Nov 7th, 9am-11:30am and the discussion will revolve around men's mental and physical health.** This will be a great space for our guys to learn and connect for mutual support across every generation. **Registration is $15 and includes breakfast.** Spread the word and register today!

Register Here

On **November 13th, 6:30pm-9:30pm**, our children's ministry will be hosting Parent's Night Out! We celebrate and honor the importance of biblical marriage by planning a fun evening with the kids so the parents can enjoy a night out (or in)! We will enjoy dinner and split into groups for a fun night filled with activities centered around biblical love! There will be stations where the kids will enjoy arts, crafts, and games! Register now, space is limited!

Register Here

OPPORTUNITIES TO SERVE

2ND SUNDAY!

JOIN OUR

Nursing Home Ministry

AT SAN REMO REHAB CENTER

Contact Gary and Sharon Reed: (214) 783-3262
grant1949@sbcglobal.net

FEATURED RESOURCES

WELLNESS CORNER

FALL INTO WELLNESS
Small Choices. Stronger Health. Healthier Communities

A MESSAGE TO OUR NDCBF COMMUNITY
October is a natural time to pause, reset and take inventory of our health.

As schedules become busier with work, family, school, community activities and seasonal events, it can be easy to put our own health on the back burner.

This month, let's change that.
Wellness doesn't require perfection. It requires awareness, intention and consistency.

A healthier life can begin with simple choices:

- Taking a daily walk
- Drinking more water
- Adding another serving of vegetables
- Getting adequate sleep
- Scheduling a preventive appointment
- Managing stress
- Staying connected with people who support you

Your health is worth your attention.
And healthier individuals help create healthier families and stronger communities.

KNOW YOUR NUMBERS. KNOW YOUR BODY.
Prevention begins with awareness.

You can feel well and still have health measures that deserve attention. Talk with your healthcare professional about the screenings and measurements appropriate for your age, family history and individual risk factors.

Consider keeping track of:

Blood Pressure — High blood pressure often has no obvious symptoms.
Blood Sugar — Glucose and A1C testing can provide information about blood-sugar regulation and diabetes risk.
Cholesterol — A lipid panel provides information about cholesterol and triglycerides and can be considered alongside other cardiovascular risk factors.
Bone Health — Ask whether bone-density screening is appropriate for you.
Vision & Dental Health — Regular vision and dental care are important parts of preventive health.
Recommended Screenings — Stay current with age- and risk-appropriate preventive screenings.
Don't wait until something feels wrong to pay attention to your health.

Move regularly. Eat nourishing foods. Know your blood pressure and cholesterol. Manage blood sugar. Don't smoke. Get adequate sleep. Manage stress. Keep recommended healthcare appointments.

HYDRATION MATTERS

Cooler weather doesn't mean your body stops needing fluids.

Make hydration easier:

- Keep water nearby
- Drink throughout the day
- Have water with meals
- Drink before, during and after physical activity
- Choose water instead of sugary beverages more often

If you have a medical condition requiring fluid restriction, follow your healthcare professional's guidance.

Building healthier individuals. Strengthening families. Supporting healthier communities.

This provides general health and wellness education and does not replace individualized medical advice, diagnosis or treatment. Consult an appropriately licensed healthcare professional regarding your personal health needs, screenings, medications and treatment decisions. In an emergency, call 911.

Dr. Brenda Wakefield, PhD
Holistic Natural Health and Nutrition Practitioner

WARNING

If you receive any solicitation emails addressed from Pastor Edwards, or any of the church's leadership, or staff, please report to communications@ndcbf.org immediately. No one in the NDCBF leadership or staff will ever contact you for any donations. Please remain alert, and when in doubt, always reach out with questions or concerns. Thank you!

For a complete list of events, please visit ndcbf.org/events. Select current events are also featured in the events section at the bottom of the ndcbf.org homepage.

Contact communications@ndcbf.org with any questions.

North Dallas Community Bible Fellowship | 501 Accent Drive | Plano, TX 75075 US

Unsubscribe | Constant Contact Data Notice

Constant Contact

Try email marketing for free today!