

Dear Church Challenge Participant,

With the coronavirus (COVID-19) pandemic, the health and well-being of families in every community, everywhere, is the top priority for the American Heart Association and WW.

We're committed to being there FOR YOU and are pleased to announce that we are moving the EmPOWERED and Well Healthier Church Challenge online. We'll kick it off with a live EmPOWERED and Well Faith Town Hall with the American Heart Association's Chief Medical Officer for Prevention, [Dr. Eduardo Sanchez](#), and [Pastor Sonjia B. Dickerson](#) of Dayspring Family Church at 10:30 a.m. EST/9:30 a.m. CTL/7:30 a.m. PST, this Saturday, April 4.

Dr. Sanchez will provide the latest updates on COVID-19 and advice on what you can do to help your church congregants and community stay healthy while sheltering in place. Pastor Dickerson will share words of inspiration on how we will get through this public health crisis together and her testimony of transformation in the Healthier Church Challenge.

What you need to know to continue your Healthier Church Challenge journey

- We paused the in-person challenge for two weeks. You can pick up online where you left off toward completing the challenge requirements to receive the second stipend and to qualify for the top two prizes.
- Weekly health lessons will be live every Saturday at 10:30 a.m. EST/9:30 a.m. CTL/7:30 a.m. PST, beginning April 11, via Zoom. For more details visit www.EmpoweredtoServe.org/churchchallenge
- If you can't join via the internet, you can dial in by phone.
- Complete the quiz at the end of each session to qualify for the stipend and top two prize opportunities. Please note adjusted completion and winning criteria will be released by April 11.

How to join the Town Hall on April 4:

- At 10:30 a.m. EST/9:30 a.m. CTL/7:30 a.m. PST, see the Zoom details below or the invitation from your AHA Market Lead.
- A limited number of "seats" are available, so join the meeting a few minutes early to secure your spot.
- If you can't join the live Town Hall via the internet, you can dial in by phone - see details below. Please check on your fellow participants and make sure they have the phone number.
- If you are not able to attend the live session, you can listen at any time via the recording on www.empoweredtoserve.org/churchchallenge available on Monday, April 6.

Now, more than ever, it's important that we build on the program's momentum to keep people moving and inspire healthy living. As a science-based organization that is sensitive to current events, the American Heart Association encourages you to stay informed with the latest updates from the [CDC](#) and your local and state health department leaders. Talk to your health care provider directly if you have any questions about your own health.

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We thank you for your incredible commitment to this program and for joining us to press forward TOGETHER to achieve our mission of being a relentless force for longer, healthier lives.

Sincerely,

Pamela Garmon Johnson
VP Health Equity & National Partnerships
American Heart Association

Sherry Thompson
SVP Community Engagement & Activation
WW

EmPOWERED and Well Faith Townhall Meeting instructions:

American Heart Association is inviting you to a scheduled Zoom meeting.

Topic: COVID-19 Townhall

Time: Apr 4, 2020 09:30 AM Central Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/624921900?pwd=SkqxMVNJYi9rUTBJSDZNQVViUFdrQT09>

Meeting ID: 624 921 900

Password: 473742

One tap mobile

+13462487799,,624921900# US (Houston)

+16699009128,,624921900# US (San Jose)

Dial by your location

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US

+1 301 715 8592 US

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

877 853 5257 US Toll-free

888 475 4499 US Toll-free

Meeting ID: 624 921 900

Find your local number: <https://zoom.us/u/afTjlsIb>

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