



## **The National Capitol Baptist Convention**

### **Third Quarterly Board Meeting & Health Seminar**

July 8, 2017

9:00 am – 2:00 pm at

Spirit of Love and Deliverance (SOLAD) Baptist Church

5050 Beech Place

Temple Hills, MD 20748

Rev. Raymond C. Bell,  
Pastor

**LUNCH WILL BE SERVED**  
**Please reply by June 30,**  
**2017 number of**  
**members who will be**  
**attending.**

**COME AND LEARN**  
**ABOUT NATIONAL**  
**CAPITOL BAPTIST**  
**CONVENTION**

## **THE WORK OF THE CONVENTION & TEAM WORK**

**A Special Presentation**  
**By**  
**Bishop Carroll A. Baltimore**

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- Respected Global Interfaith Leader, Humanitarian, Missions Leader, and Educator
  - Senior Pastor and Leader of the International Community Baptist Churches, USA and the Philippines
  - Distinguished past 19th President of the Progressive National Baptist Convention, Inc. (PNBC) leading 2.5 million international members from 2010 to 2014

### **Role out of the Pastoral Care & Counseling Commission**

- Ensuring Pastors care for themselves in all areas of their lives: ministry, personal and physical well-being.
- Increasing awareness of the importance of a well-balanced life.
- Presenting effective Christian counseling techniques that will address the many needs of their congregations.

## **Health Care Seminar Activities**

**Adults (under 65)**  
Exercise and Nutrition  
Local Health Department  
American Lung Association  
American Diabetes Association  
American Heart Association

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### **Families**

Healthy Cooking with  
Chef Gail

Mental Health workshop

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### **Seniors**

What is Medicare? Workshop  
AARP  
Senior Seated Fitness

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### **Kids Zone:**

Sugar in Drinks  
Puppet show  
Step show  
Parks and Rec  
Exercise-obstacle course  
Farmer's Veggie truck  
Lead education  
Pediatric workshop  
Dental table

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### **United Health Care Mobile Unit**

HIV and Cancer screening  
Diabetes & Blood pressure testing