

# H.E.R. Health Expo Panels

In May 2000 OCI conducted nine simultaneous Health Expos in the country of Honduras. Both the public and the media responded enthusiastically.

"At no time in the history of the church in Honduras were there more people exposed to the Seventh-day Adventist church than during these Health Expos." *ADRA Director Honduras*



For the large crowds of up to 1000 people a day the 5x8 foot panels were very helpful.



A special door opened up for the Wildwood team when they were invited to conduct a Health Expo in the national prison located at Tamara. It is the largest prison in Honduras housing 2,300 inmates. Both the prison officials and inmates deeply appreciated the health screening and counseling. Many of our new prison friends came also to the

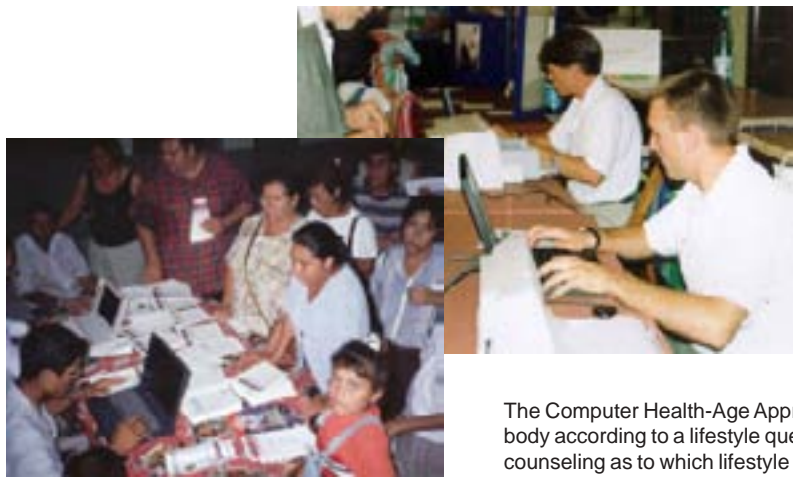


evangelistic meetings which resulted in 16 inmates joining the Adventist church. Now we have a growing church inside the prison with over 50 members.

The Mini Panels are the right size to be used in a church setting or a smaller auditorium.

In December 2000 the first set of Russian Mini Panels went to Ukraine to help prepare the way for an evangelistic campaign in the city of Vinnitsa. More than 600 people crowded in every day for the expo and health seminars, followed directly by the evangelistic series. At the end of three weeks 49 people made their decision for baptism.





The Computer Health-Age Appraisal is a very popular tool telling the biological age of the body according to a lifestyle questionnaire. The printed results are the basis for personal counseling as to which lifestyle changes will add to length and quality of life.



**Exercise**— The Harvard step-test lets you find out the level of your physical fitness. Three minutes of exercise reveal whether the heart of a person is sufficiently trained. All you need is a simple wood step.



**Nutrition**— The glucose and cholesterol testing is always appreciated by the community. A successful tool to attract people to your expo location.

**Water**— Each booth provides a setting for teaching one of the principles of the eight laws of health.



**Sunshine.** High blood pressure is mainly diet-related, but sunshine can also help to bring it down. Find out how people appreciate even a simple service like this.

**Air**— The peak flow meter is a simple tool that measures the expiratory flow of air from the lungs. It helps to detect some respiratory problems, including some diseases caused by smoking.



**Rest**— The anti-stress massage is one of the most popular activities at the expo. With the touch of a caring hand, in just a few minutes of relaxing massage you can win somebody as a friend.



**Temperance**— The body-fat scale tells you not only your current weight, but also your percentage of body fat. It is a good opportunity to counsel about obesity and a balanced diet.



**Trust in God**— We know that the spiritual component of health is of great importance. The Trust panels provide an excellent setting to give counseling for physical and spiritual needs. This booth especially lends itself to giving invitations to an evangelistic program connected with the Health Expo.

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