

## HEALTH TIPS BEFORE

Goal: arrive healthy, rested, and ready to participate.

- Get adequate sleep before traveling.
- Bring your regular medications, including equipment to manage diabetes and other chronic conditions.
- Pack a jacket or sweater.
- Bring comfortable shoes.
- Make plans to allow time for relaxation and tourist attractions before and/or after the convention.

The Parish Nurses  
of the  
Minneapolis & St. Paul Synods  
will be at the Convention Center to  
assist voting members and visitors  
with their health needs

## DURING THE CONVENTION

Goal: Remain healthy; enjoy and participate in all events.

- Wash your hands often!
- Eat a good breakfast every day.
- Take scheduled medications.
- Eat light snacks between sessions and get plenty of fruits and vegetables.
- Drink ample amounts of water.
- Be responsive to your body's special needs.
- Move around between and after sessions.
- Plan to get enough sleep to replenish your wellness.
- If you are not well, stay in your room and rest.
- Stop by the Parish Nurse Care Center for emotional, physical and spiritual care.

RETURN HOME HEALTHY!  
SERVE THE LORD!