



Rev. Ngina presenting information to the group.



Small groups discussed current health situations in their community.

Learning To Improve Our Health And Care For Others

Last year, Rev. Catherine Ngina from Malindi Parish completed her education in Clinical Pastoral Education. Now Rev. Ngina is using her knowledge to help others in her church and community to learn more about their health and how to care for people suffering with illnesses.

In the coastal region of Kenya, the most common diseases are diabetes, high blood pressure, and cancers. Both diabetes and high blood pressure are preventable and manageable, but many people do not know how to cope with these diseases. Rev. Ngina noted that many people in their communities are dying young because they are not caring for their health and do not manage their illness after

being diagnosed. In order to better serve her congregants and community members, Rev. Ngina has begun holding seminars to teach local people about the importance of a healthy diet, accessing health care, and proper care for people with illness.

With support from the Christian Education department, Rev. Ngina held her first seminar during the third week of April at Kakoneni congregation. Over 100 women from the North Coast region attended. Rev. Ngina began by discussing ways to protect and improve our personal health. The women discussed how to maintain a healthy diet, the importance of drinking

plenty of water, and getting exercise every day.

Next the group discussed proper ways to care for and support someone who has become sick. Rev. Ngina emphasized that families should make efforts to stop the spread of germs or bacteria through food or drinks within the home. A common practice is to give the remaining food from an ill person's meal to the children in the home. Rev. Ngina encouraged people to end this practice, since it can lead to passing bacteria to children, causing more illness.

Rev. Ngina will continue sharing this important information in two more seminars in the North Coast region later this year.

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