



Seventh-day Adventist® Church
NORTH AMERICAN DIVISION

HEALTH MINISTRIES

Connecting for Health. Connecting for Life.



Students Make A Difference

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Collegiate Advocates for Better Living (CABL) was started by students for students at Southwestern Adventist University in 1972, under the name Collegiate Adventists for Better Living. Most Adventist college or university has had a CABL program at some point since then, and the original purpose of CABL continues today with added elements as specific needs change over time for each campus.

CABL Advocates are student leaders on the campus who work with their teams to promote health in a large variety of capacities. This could be in the areas of physical, mental, social, spiritual, emotional health or a combination of each of those important elements. At times this reaches beyond the campus to the community and surrounding area. Personal health goals generally improve as leaders and team members share and develop programs to promote health.

One of the benefits of CABL is that student advocates develop leadership skills. Although these talents may not be immediately recognized, the Advocate gains and develops these skills through serving. Among the skills they learn are programming, budgeting, promotion, and marketing. They also build relationships with their sponsor/faculty mentors and form collaborations with other student leaders on their campus.

They are also provided opportunities to connect with CABL Advocates on other campuses through Zoom meetings and the yearly CABL/Campus Ministries Conference organized by the campus chaplains.

How CABL Works

Potential CABL leaders are firstly identified by their campus sponsors to take on the role. After submission of an application to the NAD, with the approval of their sponsor, they are accepted into the scholarship program once the NAD's CABL Coordinator reviews the events that they plan for the school year. As mentioned, the Advocate must take leadership in planning a minimum of four events during the school year that address the mental/emotional, physical, social, and spiritual dimensions of health.

Reports are sent into the NAD CABL Coordinator each semester, providing an overview of the programs that were carried out, the cost, number of participants, the success of the event and what changes could help improve the event. The report serves as another learning opportunity for Advocates as they learn how to summarize events, assess results, and consider opportunities for future improvement.

[click here to continue reading](#) or visit [NADhealth.org/articles](#).

Adventist Christian Fellowship (ACF)



ACF is about fulfilling the mission of God on college and university campuses. Learn more at [ACFlink.org](#).



Vegan Lasagna

By Gemalli Austin, DrPH, RD

Warm up your taste buds this fall with a scrumptious vegan lasagna. 🍁 Click the image to uncover the secret to this mouthwatering plant-based delight, or visit [nadhealth.org/recipes](#) for the full recipe. Your autumn dining just got a whole lot cozier! 🍂🍷🍴

TOGETHER IN MISSION

Recovery Ministries: Stronger Together

Adventist Recovery Ministries (ARMin) has been providing addiction recovery resources for many decades within the North American Division. As needs continue to expand, as science continues to unlock the complexity behind addictions, and as we continue to bring together more partnerships for greater success, we are excited to share that ARMin will now include resources for recovery from **addictions, grief, and trauma**. Stay tuned to learn more and visit our website AdventistRecovery.org.

Devotional Book: Share Your Story

Loma Linda University (LLU) School of Public Health is gathering inspirational public health stories into a daily devotional book. Please visit <https://publichealth.llu.edu/about/sph-devotional-book> for more details and to submit a story to be included in the book.

One Team

One Team Mental Health is a website with material on depression, anxiety, suicidal thoughts, and wellness. Use this website to help identify what your body and mind need to stay well. And then strengthen those habits. Visit OneTeamMentalHealth.org for the resources.



Share Hope

Learn how you can be a source of hope and healing to someone in need. Visit our YouTube channel for compelling videos to share.



Recovery Sabbath

Nov 11, 2023

Join us for Recovery Sabbath on November 11, 2023, as we explore the theme of recovery and trauma. Gather your church and community for a special emphasis on the transformative power of Christ. Our featured speaker, Dr. Alina Baltazar, will deliver a sermon on "Passing on Values to the Next Generation," addressing simple ways to prevent high-risk behaviors among teens.

Utilize the sermon and other resources from NADhealth.org/recovery/sabbath



AAHWC Annual Meeting

Nov 12, 2023

Coaching association members, check your email for more information about our upcoming online AAHWC Annual Meeting. We want to see you there! Visit our website AdventistCoaching.org.

October is Pastor Appreciation Month!



In celebration of Pastor Appreciation Month, we've linked a two-part toolkit from NAD Ministerial. Part 1 includes a letter for those who wish to support their pastoral family, while part 2 shares creative ways to celebrate.

PASTOR APPRECIATION
TOOLKIT (PT.1)

PASTOR APPRECIATION
TOOLKIT (PT.2)

WORDS OF HOPE

The smell of the burning offering pleased the Lord, and he said...As long as the earth remains, there will be planting and harvest, cold and heat; winter and summer, day and night.

Genesis 8:21, 22 CEV