WELCOME TO
TOTAL DELIVERANCE
WORSHIP CENTER

DR. WILLIAM & FIRST LADY RACHELLE BENSON
We are a church that endeavors to contribute to the spiritual, relational, healthy living and entrepreneurial advancement of the Christian Community by providing biblical enrichment and spiritual guidance health education.
The “BLACK CHURCH”

• Historical landmark for the Black Community

• Place for creating individual, systemic, and political change

• Pastors “elected” spiritual representatives

• Guarantee: Sunday 7 a.m. to 4 p.m. Black community pauses to attend church

• Pastors are trusted “healers” of Mind, Body and Spirit
Why SESD Cardiac Disparities Project?
Our community’s reality!

- Every year in San Diego
  - 7,555 heart attacks
  - 6,725 strokes
- 791 in Southeastern San Diego

- Working together to raise awareness and promote heart health we can eliminate
  - 10,000 heart attacks and strokes every year in SD County
  - 791 heart attacks and strokes
- 10 heart attacks and strokes every week
Southeastern San Diego
Promoting Healthy Behavior From the Pulpit: Heart Health Plan

Total Deliverance Worship Center

- Physical Activity
  - Walking Club,
  - Gospelsize, Yoga

- Communication
  - Pulpit, Website,
  - Bulletin

- Nutrition
  - Healthy Food & Beverage Policy

- Sun. BP Screenings,
  - Coaching,
  - Referrals, App & Tracker

- App & Tracker
CAN WE PARTNER?
CAN WE TRUST?