



My passion for children and youth came forth after the suicidal death of my 14 year old brother. I wanted to make a significant difference in the lives of children and youth and became intentional about working with them one on one or in group settings. I began to teach them about God's love for them and the enemy's plot to kill, steal, and destroy their purpose and plan of God on their lives.

Because of my obsession with my body due to competitive body-building and compulsive eating disorders, I desire to educate others not only in the areas of functional fitness and creating healthy lifestyle choices but also on the benefits of pursuing Jesus Christ rather than titles, applause, food, and the mirror.

All my life, I've wanted to dance and would dream of dancing. I also taught aerobics. Dancing was always fun and aerobic classes (in my opinion) were kind of boring without a whole lot of expression of "FUN" and "FREEDOM". Because of that, I wanted to create classes where the individuals would forget that they are exercising because they are not only worshipping the KING but having a "BLAST" doing it.

Producing DVD's is something God spoke to me to do in an effort to generate income for the "Big Vision" of a community center for children and youth. We want to provide a place where children and youth can gather after school and/or summer and be refreshed, encouraged, equipped, and just have FUN!!!

After twenty five years of alcoholism and multiple suicide attempts, I have come to realize that doing it "your way" doesn't work. Developing and growing a continuous relationship with Jesus Christ is the only way that has proven itself to provide hope and peace in life. Because of that, it is my compassion to minister to people that have given up on life and help instill hope that comes from a relationship with the best Father in the world - JESUS.



George and I both have had broken relationships and marriages. When God brought us together it was our desire to

honor Him in every area of our courting relationship. Not only did we wait until our marriage night to consummate the marriage but it was our first kiss. Our passion to help others walk out their singleness in purity and courting came out of us having to live it and walk it out ourselves. We know what restoration, purity, and boundaries look and feel like, because of the grace and mercy of Jesus Christ, and we want to help others experience the benefits of honoring God in the areas of being single, courting, and preparing for marriage.



Although we know that Jesus is first in our life, we believe that next to that relationship, family is most important. Your spouse being second to Jesus then your children, then your ministry. "Getting it right" at home is our number one earthly responsibility and

priority. Our Father thinks generationally and so must we; our lives aren't just about us, but it is about the future sons and daughters (natural and spiritual). Our passion to effectively influence families and the "next generation" comes from these beliefs.



Get Mov'n

Acts 17:28

If you would like to invite J.A.M. Ministries to your church or organization, contact us!

J.A.M. Ministries
P.O. Box 9041, Mandeville, LA 70470
(985)630-6358

Website: www.jamministries.org
Email: info@jamministries.org

J.A.M. MINISTRIES



*Proclaiming the gospel
of Jesus Christ
through movement and truth.*

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P.O. Box 9041, Mandeville, LA 70470
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www.jamministries.org

J.A.M. Ministries, Inc. is a non-profit organization created to "Proclaim the Gospel of Jesus Christ through movement & truth."



Established in 1999, Tessie Etie Baehr, founder and president, developed **J.A.M. Ministries** out of a desire to impact people's lives through physical fitness, dance and the Gospel of Jesus Christ. Today, Tessie and her husband, George, minister together in a variety of settings bringing hope to people of all ages.

J.A.M. Ministries has taken their message of "*Get mov'n*" locally, nationally, and internationally through physical fitness, dance, personal testimonies, and practical teachings. Touching lives in youth conferences, schools, and nursing homes, street ministry, rehabilitation centers, church meetings; this dynamic couple ministers out of a heart of passion for the Lord.

Tessie and George speak boldly and have workshops on issues such as:

- Purity/Dating
- Body Image
- Being Single
- Alcohol/Drugs
- Physical Fitness
- Team Building
- Management
- Leadership Development



Annual events for **J.A.M. Ministries** Inc. include:

- J.A.M. Camp for Boys (13-18 yr. olds)
- J.A.M. Camp for Girls (13-18 yr. olds)
- God's Girl Camp (11-12 yr. olds)
- Fit for Worship Conference
- Jr. Fit for Worship Conference

J.A.M. Ministries, Inc. operates with the help of a select "Core Team" of individuals who are passionate about Jesus and volunteer their time and efforts to fulfill the vision.

Seminars

R.A.P. Session – "Real And Practical" is Bible teachings and revelation from God's Word and practical ways to walk it out.

Teen Talk – We'll address REAL issues and share testimonies. We'll find out what God's Word says about the areas that concern you, and issues that you face everyday

Single and Satisfied – We'll talk about issues that face singles everyday, and viable steps to take in becoming a single who is satisfied where they are.

Create the Ultimate Team – Whether you're a manager, pastor, or mom, you cannot do the job alone and the job cannot get done without a group of people operating in one spirit, one mind and dwelling in unity. Learn



to create a team that will not only carry out the "vision", but will reproduce their abilities in others.

DIOS – Decently and In Order Seminar – Want to put things "in order"? This seminar shows you useful steps to bring BALANCE to your lifestyle. (Includes

managing your time/schedule, relationship prioritizing, and much, much, more.

**How to Develop and Maintain a Dance Team/Fitness Ministry – Putting a group of people together who love God is one thing; but what does it take to grow and maintain the ministry of dance? Learn basic principles that will enable you to grow spiritually and physically as you pursue the ministry of "dance" and learn to operate as a "team".

**Leadership Development - Everyone has the potential to lead, but often are unable to discover how to develop their leadership abilities. This seminar will take you on an insightful journey to not only discovering who you are, but who you can become to be an effective leader.

*** These courses can be taken as an apprenticeship program ranging from 6 months to one year.*

Workout—Workshops

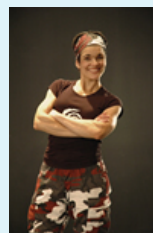
H.I.P.-Hop - If you can walk, snap, stomp, bounce, and slide, you can H.I.P.-Hop. Movements are broken down into segments and optional movements are shown so each participant succeeds with every move.

Dramatic Dance or Worship Expression Session (depending on the audience you are ministering to) (lyrical movement) This form of dance is a way to express the words of a song through movement that is slower in rhythm. It is a form of communicating with our Father without words. No dance experience necessary.

P.O.W.E.R. Training –Authentic boxing movements put to music to create an aerobic workout. Also available, drills to improve coordination, speed and agility.

Swing - Swing incorporates jazz movements that are fun, fast, high energy, and crazy for Christ. Movements are broken down, and options are shown for successful participation.

The Master's Class or J.A.M. Session or Dance Mix Party or Get Up and J.A.M. (depending on the audience you are ministering to) a combination of low impact aerobics including jazz, hip-hop, gospel, raggae, latin or swing (you choose the combo of your choice). 3 combos per class.



Biography—J.A.M. Ministries' - Tessie Etie Baehr

- Raised in Loreauville, Louisiana
- Over 20 years of fitness and health experience
- Fitness director of 4 health clubs ('89,'91&'92, '93&'94,'98)
- Fitness certifications from ('90-'06):
- A.C.E.- American Council on Exercise (current)
- A.F.A.A.- American Fitness and Aerobics Association (current)
- N.A.S.M.- National Academy of Sports Medicine
- CEC Provider for A.F.A.A. and A.C.E. ('98 & '99)
- American Gladiator contender ('93)
- World "natural" competitive bodybuilder and speaker ('94-'95)
- Traveled throughout the U.S. and Canada educating fitness leaders ('95-'99)
- Presenter for numerous national and international fitness conferences ('95-'99)
- Master Trainer for "Boxerobics TM" ('95-'97)
- Manager of the year 1998, for Franco's Athletic Club (Ranked 4th in the nation by Fitness Magazine)
- Department of the year '98 for Franco's Athletic Club
- Featured in her own exercise videos ('98)
- Let's Dance
- Roll with the Punches
- Co-featured in two other videos
- Guest speaker and instructor for Youth Unlimited Youth Conference- Canada and Colorado ('00-'02)
- Fit for Worship Conference- Host, speaker, and instructor ('00-'04)
- Ordained minister ('00-current)
- Equipping young men and women to become leaders in worship, fitness, and service to the community ('99-current)
- Keynote speaker for Faith and Fitness Connection Conference in California ('02)
- Choreographer for Carols By Candlelight -a musical production ('00-'02)
- Speaker and teacher for Youth Unlimited Summit Tour - Nova Scotia, Chicago, Atlanta, British Columbia ('03)
- Choreographer for Northlake Christian School Wolverettes Dance Team ('03)
- J.A.M. Camp – Host, counselor, teacher, director – Louisiana ('01,'02,'04)
- Instructor and dance demonstrations at Ariel's Leadership Conference – South Carolina ('04)
- Instructor and dance demonstrations at Koinonia Conference – Florida ('04-'06)
- Featured in her own Worship Workout DVD ('05)
- Trainer of Fitness/Aerobic instructors at Lifestyles Fitness Studio ('03-'05)
- Presented women's J.A.M. session and body image testimony at The Crossing Place Church, Highland Baptist Church in New Iberia, La. ('07)
- Featured in her own Fresh, Funk J.A.M. DVD ('07)