



MARCH INTO A BETTER YOU

9:15 - 9:30 a.m. Nehemiah Café: Welcome & Weekly Announcements (Tuesdays)

9:45 - 10:30 a.m. Session 1

10:45 – 11:30 a.m. Session 2

Room	Classes	Transformational Tuesday <i>March 5, 2019</i>	Wellness Wednesday <i>March 6, 2019</i>	Thankful Thursday <i>March 7, 2019</i>
Room 232		Session 1:	Session 1:	Session 1:
		“How people change” Bible Study Lead: Dave 10 points	Managing Your Health Lead: Gaston Bouquett 10 points	“A Journey to Redemption” Bible Study Lead: Pastor Steve 10 points
			March 13 only Nutrition: A Better YOU Lead: Windai Tolbert 10 points	
		Session 2:	Session 2:	Session 2:
	“War on Words” Bible Study Lead: Dave 10 points			
Room 116		Session 1:	Session 1:	Session 1:
	Conversations of ValYOU: <i>Minding Your Mind</i> Are you a Bully? Know the Signs! Guest Lead: Renita Washington 20 points		Session 2	Session 2
Room 118		Session 2 Café Conversations Join us as we discover success on Our Road to Recovery Lead: Gilbert Dillard Recovery Café Dayton 10 points		Café Conversations Join us as we discover success on Our Road to Recovery Lead: Gilbert Dillard Recovery Café Dayton 10 points
Conference Room 2 nd Floor Room 216		Gettin’ Ahead in a Getting By World Class Ends March 14 Advance Registration Required (NO DROP INS)	Session 1:	Gettin’ Ahead in a Getting By World Class Ends – March 14 Advance Registration Required (NO DROP INS)
			“Draw the Line” Lead: Pastor Fritz 10 points	
			Session 2:	
Crafts Room 220		Session 1:	Session 1:	Session 1:
		Make and Take Craft Class Lead: Jennifer 5 points		
		Session 2:	Session 2:	Session 2:

		Crocheting for a Cause Lead: Jennifer 10 points		
Room 224- 225	Computer Lab	Session 1:	Session 1:	Session 1:
		Lead: Randy	Lead: Randy	Lead: Gary
		Session 2:	Session 2:	Session 2:
Chapel	Session 1:	Session 1:	Session 1:	
	Join Us for Worship! Pastor Pam 10 points	Join Us for Worship! Pastor Ron 10 points	Join Us for Worship! Pastor Bradley 10 points	
	Session 2:	Session 2:	Session 2:	
		March Into A Better You "Resource Day" 10:30 a.m. – 1:00 p.m. Food Bank Distribution 1 p.m. 10 points <i>(Earn special prizes and points when you attend select sessions)</i>		
Fitness Center	Session 1:	Session 1:	Session 1:	
	"Spiritual & Physical Fitness" With Sandee & Melissa 10 points	(OPEN – GYM) Melissa & Richard 5 points	(OPEN – GYM) Melissa & Richard 5 points	
Room 234	Session 1	Session 1	Session 1	
	High Impact Class Lead: Melissa Barre 10 points			
	Session 2	Session 2	Session 2	
Lobby (9-11 a.m.)	Special Guests: Care Source Aetna	Special Guests: United Healthcare	Special Guests: Anthem Blue Cross Care Source	
Community Hall & Other Special LEC Events		Families of Addicts – 7:30 p.m. Narcen Training 1 st Monday monthly 6:15 p.m. to 7:15 p.m.	Recovery Café March 7 & March 8 2:30 p.m. – 6 p.m.	

Special Weekly Announcements:

- **RESOURCE FAIR – March 6, 2019** (Get Valuable Information and Earn Points to shop in our Value of Choice Pantry. **See Flyer for complete schedule.**)
- **GED CLASSES** are held in Room 214 & 215 on TUESDAY, WEDNESDAY, AND THURSDAY - 9 AM TO 12 NOON
- **ESL CLASSES** are held in Room 214 & 215 on TUESDAY and WEDNESDAY - 6:00 p.m. – 8:30 p.m.

Choice Pantry Hours

Tuesday	10:30 am – 12:30 pm
Wednesday	10:30 am – 12:30 pm
Thursday	10:30 am – 12:30 pm