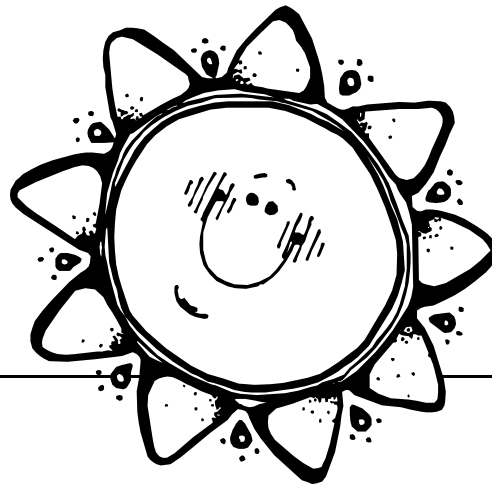


Celebrate healthy living at
**enrichment
meeting**

Tuesday • 15 October • 7:30-9:30 PM
Held at the Longfellow Park Chapel
Cambridge II Ward Relief Society



7:30 WELCOME *from the Relief Society presidency*

7:35 MINICLASSES *Choose one of the following:*

Heart Smart Fitness: What, Why & How — We all know that exercise is good, but learning exactly *why* and *how* make doing it so much easier! Fitness guru Tara Lewis will teach us the benefits of combining exercise with heart rate monitoring, as well as how heart rate training can improve our fitness levels and help us shed the stubborn pounds. Also included will be specific recommendations for prenatal exercise. (*Tara Lewis, Relief Society Room*)

If We Can Laugh at It, We Can Live with It — Humor helps and humor heals. Many studies link laughter with better physical and mental health, confirming the scripture, “A merry heart doeth good like a medicine” (Proverbs 17.22). Join this discussion, led by Katy Wade, of how we can get (and keep!) a sense of humor, allowing us to view our lives in a more positive light, deal with personal conflicts, and cope with frustrations that might otherwise overwhelm us. As we are told in Ecclesiastes, there is “a time to laugh” (Eccl.3:4). (*Katy Wade, Cultural Hall*)

8:05 MINICLASSES *Choose one of the following:*

Sunny Side Up! Raising Happy, Confident Children — Among the greatest gifts a parent can give a child are the capacity for happiness, and the confidence to cope with life’s challenges. Happy children share certain characteristics, including high self-esteem, optimism, resilience, and a sense of control. Marilyn Scott will lead us in looking at ways to encourage the development of these traits, and help our children walk on the sunny side of the street. (*Marilyn Scott, Relief Society Room*)

Being Our Best: Learning to Manage Stress — In moments of self-reflection, we all aspire to be lovely, poised, gracious, unstressed and unflappable in any and every situation, but stress management in day-to-day life can be a real challenge. Mary Ann Beus will talk about learning the skills and taking the time to de-stress ourselves, overcome discouragement, and be the very best we can be! (*Mary Ann Beus, Cultural Hall*)

8:35 MINICLASSES *Choose one of the following:*

Nutritious Habits — Get jazzed about healthy eating—both for yourself and for your family—with refreshing and fun ideas from dietician Carey Baldwin. Reexamine your approach to shopping, snacking, meal planning, and meal prep. Packed with information to inspire, her presentation will help you stick to your resolve to eat better because you know it will make you feel so much better! (*Carey Baldwin, Cultural Hall*)

Stretching and Strengthening — This will be a “do it” class, so dress comfortably in something you can move in, and bring a yoga mat or towel, if you wish. Dancer Jill Edwards will help us become aware of what’s going on in our bodies, focusing on how we can strengthen our abs and back. She will teach us what we can do at home in just ten or fifteen minutes a day that will help us prevent major mishaps. (*Jill Edwards, Relief Society Room*)

9:05 REFRESHMENTS — **Fruits of the Season:** Warm apple cider, a fresh apple crisp, and fresh homemade bread with sweet apple butter. *We will also distribute a flyer with directions for great local places to go apple-picking!*

THIS MONTH’S **DISPLAY TABLE** will focus on healthy living. *Please contribute!* You’re invited to bring exercise videos, fitness books, healthy cookbooks, personal mantras/exercise charts/secrets to your successes, ideas for family fitness, or your preferred resources on well-being and happy living.

Home, family, and personal
enrichment



For more information, contact Erin McPhie :
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BABYSITTING WILL BE PROVIDED.