

## ***April Health & Wellness***

April is the Month of Hope. Share some hope with someone this month. Gentle Yoga continues through the month of April. Class begins at 10. Class is free and easy to do.

I will be out of town April 11 through April 20. No class on April 18. Garden Ministry 2018 has begun! Come and join Marianne Huff, Dawn Heaton, Terri Knight, and Tony DeLucia. Call Carol Jernigan, Faith Community Nurse for more information.

Fifteen church members have recently been certified in AHA CPR/AED. Thanks to all of you who have stepped up for this act of congregational care: Debbie Walls, Alisa Goolsby, Kathie Dameron, Deborah Burger, Tim Winter, Karen Earing-Winter, Jim Cash, Ashley Wilson, Scott Starkey, Graham Norman, Ann Norman, Marat Moore., Jonathan Webb, Leigh Anne Heironymus and Carol Jernigan.

Vital Signs/ BP screening on Sunday April 29 in the fellowship hall.

Please continue to give support to Jeanne Cope as she recuperates from a mild stroke.

She is presently at the Agape Rehabilitation Center but will be home as soon as possible. Ruth Chase also continues to recuperate from her recent illness and is presently at the Four Oaks Center.

Lunch & Learn will meet at noon on Wednesday, May 9th. Menu and Speaker to be announced.

*Carol Jernigan*

Contact Carol Jernigan at 901-485-4280 or at home 788-3082