

## ***February Health & Wellness***

### ***February Health Newsletter***

Thank you to all who attended the first **Lunch and Learn 2018!** Attendance is growing and the opportunity to come together, visit, learn and have a tasty homemade meal is a treat! Special thanks goes to the Lunch and Learn team that make this event possible- Rebecca Comer, Joanne Comer, Susan Hagar, Kathie Dameron, and Alexis Burkett. Our spring event will be announced in the March newsletter. A special thanks to Monica Moore, our church secretary, who takes the reservations and makes the announcements whenever necessary.

**The Soup's On!** Ministry continues to bring delicious homemade soups and baked goods to folks when cooking is just not an option. Thank you to the teams of Alexis Burkett, Marilyn Buchanan, Karen Welch and Irene Mitchell, Marat Moore and Marianne Huff, Rebecca and Joanne Comer, and, of course, Kathie Dameron (who is my soup partner). If you are interested in preparing a soup, baking bread or cookies or simply making a delivery, please sign up!

**MARK YOUR CALENDAR! CPR/AED Training,** March 17th in the Fellowship Hall. A minimum of 5 participants is necessary.

### **Mental Health First Aid Workshop**

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. This is an 8 hour course which will be offered at Boone's Creek Christian Church on Tuesday, March 13th. Please contact the church office if interested.

For more information see [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)



**Gentle Yoga** continues in February. This is a minimum impact class designed to maintain full range of motion in all joints as well as promote a greater sense of wellbeing. Mats, chairs and props are provided.

**Vital Signs and Visit with the Parish Nurse on Sunday, February 25th.**  
**Contact Carol Jernigan at 901-485-4280 or at home 788-3082**