January 2017

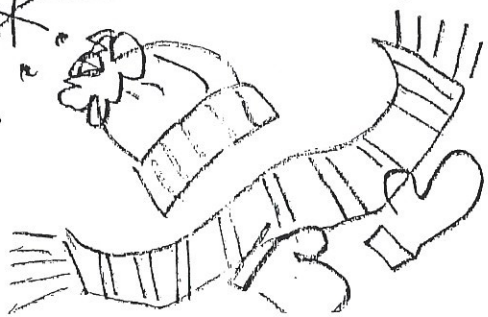
Happy New Year!

Mind-Body-Spirit
Find A Way Plus Program

Nutrition Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Artwork by Marty Preis



Everybody Say Please Let it Snow....

Find A Way Plus Program
276-821-6269
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BRHA Closed
January 2nd
January 16th
****

GED Classes— RSB
9:00am-12:00noon
Monday & Wednesday
****

Loom Knitting Classes
Tuesdays -Jan. 10th—Feb. 14th
2:00—4:00pm RSB
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Nutrition Classes
Wednesdays—Jan 11th—Feb 15th
1:00—2:00pm RSB
Thursdays—Jan. 12th—Feb 16th
3:00—4:00pm SHAC
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Computer Lab RSB
Monday—1:00—3:00pm
Thursday—3:00—5:00pm
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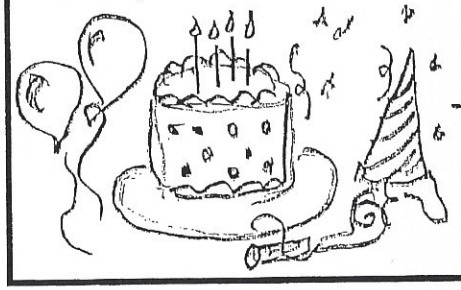
January Birthdays

January Birthstone—Garnet
January Flower—Carnation

Barbara Mountcastle - Jan 3rd
Rhonda New - Jan 3rd
Paul Hodge - Jan 13th
Tracey Hayes - Jan 26th

Remember—if you want your birthday listed—please call the FAWP Office.



Find A Way Plus Program – Mind/Body/Spirt Newsletter

January 2017

Happy New Year!

It's that time of year to set those RESOLUTIONS.
Eat Right, Lose Weight, Exercise Everyday, Budget Better this Year?
Yeah, I've said all those things and done them for 5-6 weeks then
feel bad and irritated at myself. Well this year I chose something different:

"Don't Sweat The Small Stuff"

I've been reading some of Richard Carlson's writing and here is
what I think I can do to "Not sweat the small stuff".

LIGHTEN UP – We all take ourselves way too seriously. I am late, they're late,
the line at Walmart or Food City is too long, I make an honest mistake or
someone else makes an honest mistake, saying the wrong thing at the
wrong time – you name it we all feel that immediate irritation.
Being uptight is our unwillingness to accept life as being different, in any way,
from our expectations. We get upset and we suffer. We all want control.
Changing our attitude takes work.
The truth is I only have control over me and you only have control
over you. Our first thoughts usually go to "I don't have __, my family didn't__,
we were suppose to do this together but__. When those thoughts start say STOP.
I know that may seem silly but stopping negative thoughts is the first step. The next
step is look around at what you do have. You have friends that really care
about you, you may have a pet that is always there for you, get out, walk around,
smile and say hi. I guarantee someone will smile and say hi back.
President Abraham Lincoln said,
"Folks are usually about as happy as they make their minds up to be."
I chose happy for 2017. What about you?

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Loom Knitting Class
Starting January 10, 2017
6 classes – on Tuesdays 2:00 – 4:00pm at Resident Services Building
Please sign up – only 6 spots available
Call 276-821-6269

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Nutrition Classes – Eat and Move – 6 classes
Starting Wednesdays January 11, 2017 at 1:00 – 2:00pm at Resident Services Building
Starting Thursdays January 12, 2017 at 3:00 – 4:00pm at Stant Hall Activity Center

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STAY WARM and Be Safe..