



# AGENDA

## Wednesday, August 21, 2019

### 8-11AM

UC Health Mammogram Van

Parking Lot

### 8AM-5PM

Deaconess Foundation health screenings

Lobby (Main Bldg)

### 9AM-3PM

Hoxworth blood pressure screenings

Lobby (Main Bldg)

### 9AM-2PM

CEI vision screenings

Shell Room (1st Floor Education Bldg)

### 10AM-Noon and 1PM-3PM

Hearing Speech & Deaf Center hearing screenings

Butterfly Room (1st Floor Education Bldg)

### 9-10AM

Finding Calm in a Stressful World

Bethany Room (2nd Floor Education Bldg)

### 9-10:30AM

NAMI Friends and Family 90-minute Mental Health Overview

Bethlehem/Jerusalem Room (2nd Floor Education Bldg)

### 9-11AM

CPR certification

Arimathea Room (Basement Education Bldg)

### 9:30-10:30AM

Fresh Perspectives on Parenting and Grandparenting:  
An Overview of Child in Bloom

Nazareth Room (2nd Floor Education Bldg)

### 10-10:35AM

Yoga

Music & Media Room (Basement Education Bldg)

### 10-11AM

Digestive Health: You are what you eat. Really?  
Healthy Eating demo with Chef David from Marjorie P. Lee  
Pastoral Counseling: When your parishioner becomes a client  
PNC: Raising Money Smart Kids

Bethany Room (2nd Floor Education Bldg)

Kitchen (Main Bldg)

Dove Room (1st Floor Education Bldg)

Galilee Room (2nd Floor Education Bldg)

### 10AM-Noon

Shred-It

Parking Lot

### 10:30-11:30AM

The Alexander Technique in therapy and practice

Bethlehem/Jerusalem Room (2nd Floor Education Bldg)

**11AM-Noon**

Council on Aging – overview of program and services

PNC: Keep it Safe

Spiritual Companionship

Yoga while you work

**Noon-1:30PM**

Grow through writing: Deepening your relationship with the Divine through your own written words

**Noon-2PM**

Church Pension Group: Counting sheep at night? It's not just a numbers game!

**12:30-1PM**

Silver Sneakers classic class demo

**1-2PM**

Hospice of Cincinnati: Conversations of a Lifetime

Living in Truth: Body, Mind, & Spirit

PNC: To Your Credit

**1-3PM**

Spiritual Direction: one-on-one sessions

**1:30-2:30**

Tai Chi

**2-3PM**

Normal vs Not Normal Aging

Fall Prevention

**2-4PM**

CPR certification

**3-4PM**

Digestive Health: You are what you eat.

Lindner Center of Hope: Mental Health & Addiction

Sprouting Change – what does it mean to have good mental and emotional health

**Throughout the day**

Massages/chair massages (sign-ups available)

**Food Trucks**

Joe's Mojo Coffee

Taco Oso

**Nazareth Room** (2nd Floor Education Bldg)

**Galilee Room** (2nd Floor Education Bldg)

**Dove Room** (1st Floor Education Bldg)

**Music & Media Room** (Basement Education Bldg)

**Nazareth Room** (2nd Floor Education Bldg)

**Bethlehem/Jerusalem Room** (2nd Floor Education Bldg)

**Music & Media Room** (Basement Education Bldg)

**Dove Room** (1st Floor Education Bldg)

**Bethany Room** (2nd Floor Education Bldg)

**Galilee Room** (2nd Floor Education Bldg)

**Fish Room** (1st Floor Education Bldg) &

**Wheat Room** (Atrium)

**Music & Media Room** (Basement Education Bldg)

**Bethlehem/Jerusalem Room** (2nd Floor Education Bldg)

**Dove Room** (1st Floor Education Bldg)

**Nazareth Room** (2nd Floor Education Bldg)

**Bethany Room** (2nd Floor Education Bldg)

**Dove Room** (1st Floor Education Bldg)

**Bethlehem/Jerusalem Room** (2nd Floor Education Bldg)

**Children's Nursery** (Main Bldg)

**8AM-2PM Parking Lot**

**11AM-2PM Parking Lot**