

The logo for 'Abundant Health' features the word 'Abundant' in a bold, green, sans-serif font and 'Health' in a blue, cursive script font, both set against a light blue rectangular background.

“Abundant Health Expo”
May 6, 2017
2 to 4:30pm
NYAC Metropolitan District
New Rochelle UMC
1200 North Avenue
New Rochelle, New York 10804

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2:00-2:30pm	Welcome and Registration Union Brother Singers of Haiti	(Family Life Center}
2:30-3:00pm	Move 2 Empower Fitness Healthy Snack Creations Nutrition Workshop - “Body, Mind, and Spirit” (Upstairs Classroom beside the Church Office) Yoga Session Prayer and Meditation Room Children’s Outdoor Activities Abundant Health Tables	(Family Life Center) (Church Kitchen) (Upstairs Church Parlor) (Upstairs Prayer Room) (Church Playground) (Family Life Center)
3:00-3:30pm	Children’s Music and Movement Men’s Health and Fitness Abundant Health Tables	(Family Life Center) (Outside Area) (Family Life Center)
3:30-4:00pm	Move 2 Empower Fitness Healthy Snack Creations Nutrition Workshop - “Body, Mind, and Spirit” (Upstairs Classroom beside the Church Office) Yoga Session Prayer and Meditation Room Abundant Health Tables	(Family Life Center) (Church Kitchen) (Upstairs Church Parlor) (Upstairs Prayer Room) (Family Life Center)
4:00-4:30pm	Dedication of New Rochelle UMC “Community Gardens” Closing	

At any time, please visit the Abundant Health Tables in Fellowship Hall.

- Seeds of Hope Ministry**
- Health Screening Information**
- Mental Health Information**
- Mission Opportunities for Youth, Young Adults, and Adults**
- NYAC Disaster Response Information**

“I have come that they may have life and have it abundantly!” John 10:10

(Please contact Coordinator Wendy Vencuss with questions.)
AbundantHealth@nyac-umc.com