

Start Your Morning Bright with All People!!



WEEKDAYS
9-11AM



EVERY DAY: Grab a **FREE** cup of coffee, tea, or water. That way no matter what's next, you'll be prepared to take it on!

Monday: Health and Wellness Coaching

Learn with others how to achieve your health goals

Tuesday: Games and Activities

Sharpen your creativity and focus

Wednesday: Bingo And Crafts

Test your luck and strategy with **B-I-N-G-O!!!**

Thursday: Grab Bag Fun

Understand ways to have fun and relate to others

Friday: Reflect and Share

Reflect & share with others how your week has been



**COMMUNITY DEVELOPMENT
FOR ALL PEOPLE**

Come and invite others to:
280 Reeb Avenue
Columbus OH 43207

For More Information Contact:

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