

LIVING LARGE FOR REAL

Living Large Classes are FREE and open to the public. The program is at a new location! It is held at Memorial Baptist Church, 1634 Paris Rd., Columbia, MO, located at the corner of Paris and Ann streets.

You can join any class at any time or come to any segment of the program. Everyone is welcome!

For more information about the program or to request a ride call Love INC of Columbia at 256-7662 ext 21.

LIVING LARGE

Instructors and Volunteers

Jacquelyn Avant, Urban Empowerment
Jerome & Rachel Baker, United Pentecostal
Baskaran Balasubramanian -
Christian Fellowship
Donna Bureson, Stephens grad student
Cing Cing, Christian Fellowship
Adrian Clifton, Urban Empowerment
Dim Vun Cing, Christian Fellowship
Carl Cummings, United Pentecostal
Don and Fran Day, Broadway Christian
Sandra Ellis, United Pentecostal
Mia Ferrell, United Community Cathedral
Dan Hanneken, The Crossing
Megan Harvey, Missouri United Methodist
Kelly Hill, Christian Chapel
Josh Keichik, Karis Church
Jodie and Kelly Jackson, Memorial Baptist
Josh Kezer, Christian Fellowship
Verna Laboy, Urban Empowerment
Sherryl Laws, Christian Fellowship
Michele Lee, Urban Empowerment
Susanne Logan, Evangelical Free Church
Virginie Peebler, Christian Fellowship
Edith Prince, Russell Chapel
Terrye Reahr, Grace Bible Church
Alyssa Rootes, First Assembly of God
Terry Seboldt, The Crossing
Catherine Shanahan, IHOP, KC
Lena Sheets, The Crossing
Karen Sinn, Community Methodist
Lauri Stoll, Christian Fellowship
Sharena Wallace, Urban Empowerment
Mary Wardenburg, Love INC
Misty Werkmeister, Sepsheps grad student
Zandria West, Urban Empowerment
Kevin White, Community Methodist
Pastor Christine Woods
Urban Empowerment

Thanks to MU Service Learning Students for all their help with child care and First Assembly of God Men's and Women's Ministries for Skills Fair

LIVING LARGE FOR REAL

A PLACE TO LEARN,
CONNECT WITH OTHERS &
MAKE LIFELONG FRIENDS
Presented by Love INC of Columbia
Classes held each Thursday,
6:15-8:00 PM
Feb 16, - May 10, 2012
Memorial Baptist Church
1634 Paris Rd., Columbia, MO

LIVING LARGE CLASSES FOR REAL

Join Any Class at Any Time
Thursdays, Feb 16 – May 10, 2012
(Excluding March 29, Spring Break)

Weekly Schedule

6:00-6:15 PM, Childcare Check-In

6:15-7:00 PM, Practical Living Hour

6:15-7:00 PM, Child Birth Classes

6:15-8:00 PM, Early Motherhood Support Group

7:00-7:10 PM, Refreshments

7:10-8:00 PM, Spiritual Development

Practical Living, 6:15-7:00 PM

Job Seekers Support (every week)

Mia Ferrell - Instructor

- Employment Search Tips and Job Leads
- Support to Keep your Spirits Up
- Interview clothing vouchers for participants

Money Management (every week)

Misty Werkmeister - Instructor

- Banking, Budgeting, Overcoming Debt and More
- Great New Ideas for cutting Expenses and Saving
- Store coupons and helpful tools for participants

Personal Growth (One each week)

Uniquely You (Feb 16, & 23, Mar 1)

- Personalities/Love Languages
- Recognizing Your Strengths
- How We See God/World Religions

Taking Care of Ourselves (Mar 8, 15, 22, April 5, & 12)

- When to Go to the Doctor
- Easy Diet Changes/Healthy Recipes
- Exercises Anyone Can Do
- Guided Relaxation and Stress Relief Tips
- Gardening – Windowsill, Buckets & Beyond

Expanding our Hearts (April, 19, & 26, May 3)

- Moving Past Habits
- Gaining Empathy for Others' Challenges
- Dealing with Difficult People/Conflict Resolution

Helpful (and Wacky) Skills Fair (May 10)

- Multiple Stations to learn everything from a new dance step to how to sew on a button

Spiritual Development 7:10- 8:00 PM Stories of Faith (Moderated by Jerome Baker)

- 12 Different speakers will share their personal story of overcoming obstacles, forging ahead, making a difference

Child Care

Child care is a service only for parents/
Guardians present in Living Large classes.

- Call 256-7662 to register!
- Childcare and activities are provided for children 0 – 11 years old
- No child care program available for children 12 and older

Especially for Mothers

Early Motherhood (Every Week)

- Education and Support for Expectant Mothers and Mothers of Young Children

Childbirth Classes, 6:15-7:00 PM (5 weeks: Feb 16-Mar 15)

Childbirth classes will be offered Feb 16-Mar 15. These are the same classes that are offered at Boone Hospital Center. Instructor is Edith Prince, RN, longtime nurse and instructor at Boone Hospital.

Come for personalized instruction and DVD presentations on several topics including: What's Happening To Me?, How Will I Know I'm In Labor?, Am I Packed and Ready To Go?, What Are Those Machines, Monitors, and Medicines? A second 5-week class will be offered if there is interest. Call the office if interested.

Transportation Upon Request

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