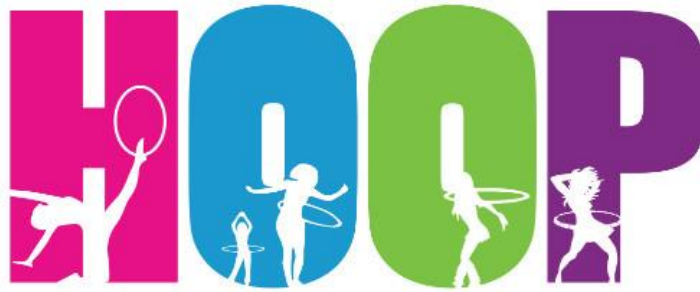


Hula



For Health

Abundant Health

“HULAPALOOZA”

June 1 - 10 am - 2 pm

Community UMC
100 Park Boulevard
Massapequa, NY 11758

All ages are invited to the Massapequa United Methodist Church Abundant Health “Hulapalooza”. A multi-faceted event with a hula-hoop theme that includes body, mind and spirit activities. Come and learn, or re-learn, how to hula hoop and be a part of this incredible health promoting event! Healthy snacks will be provided.

Pastor Jane invites the community to join us for this event.

SCHEDULE	
10 - 10:20 AM	Welcome and Worship
10:20 - 10:30 AM	(Transition)
10:30 - 11:30 AM	Workshop Session #1
11:30 - 12:30 AM	Lunch and Resource Tables
12:30 - 1:30 AM	Workshop Session #2
1:30 - 1:40 AM	(Transition)
1:40 - 2:00 PM	“Hulapalooza” Closing

Children’s Activities - Crafts, games, music *

Drug Awareness - YES Community Counseling Center

Massapequa Historical Society * Fitness Activities: Yoga/Meditation/Tai Chi

Nutrition and Healthy Eating: making healthy snacks * Strengthening Families

For more information please visit us at: www.cumcmassapequa.org