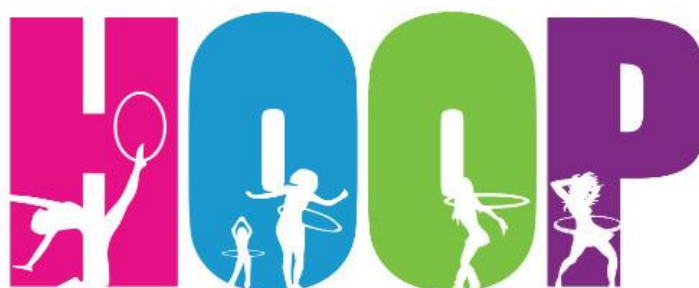


# Hula



## For Health

### Abundant Health

# “HULAPALOOZA”

Community United Methodist Church  
100 Park Boulevard  
Massapequa, NY 11758

June 1, 2019 10 am - 2 pm

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 – Drug Trends and Prevention – YES CCC
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 (YES CCC) \***

**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](http://www.cumcmassapequa.org)**