

MARCH NEWSLETTER

UPCOMING PROGRAM SPOTLIGHT

First Friday with The Gathering Church

Enjoy a community dinner, arts & crafts, and basketball tournament for individuals and families!

- Friday, March 7th
- 6:00 - 7:45 pm
- Free!
- Pre-register on MyActiveCenter or call 425-517-0810

Girls On The Run of Puget Sound

Youth empowerment program for 4th & 5th-grade girls & non-binary youth! Experience a fun curriculum that creatively integrates running with life-skill lessons

- Beginning March 24th
- Monday & Wednesdays
- 3:30-5:00pm
- \$260.00 AND full scholarships available!

Mindfulness Based Stress Reduction Class

Intended for people of all abilities who want to learn ways of meeting their lives through the good and the bad moments just as they are. This 2.5 hour class is hosted by: Ruth Michaelis, MD, Family Physician and Sonia Sahay, Certified Mindfulness Teacher!

- Beginning April 10th
- Thursdays
- 5:30 - 7:45 pm
- Free!

SCAN ME!



[MyActiveCenter.com](https://www.MyActiveCenter.com)



FAMILY FIRST HIGHLIGHT

A big shout-out to **The Red Tea Room** for another amazing **Senior Luncheon** which was held on February 26th. Seniors enjoyed a delicious lunch and a community serenade from **The Seattle Opera**. Thank you to our community/program partners, volunteers, and everyone involved!