

CitySquare & LIFT  
present  
*"LIVING WELL"*

CitySquare invites you to attend "Living Well"—an event focusing on eight areas of health and wellness for the entire family!

**Physical Wellness**—medical, nutrition, physical activity

**Spiritual Wellness**—prayer, congregations, spiritual well-being

**Mental Wellness**—stress reduction, mental illness

**Financial Wellness**—money matters, credit, banking

**Social Wellness**—family activities, social services

**Occupational Wellness**—employment, job training & readiness

**Environmental Wellness**—housing, recycling, gardening

**Intellectual Wellness**—reading literacy, higher education

**Saturday, December 6, 2014 | 10 a.m. – 2 p.m.**

**CitySquare Opportunity Center**

**1610 S Malcolm X Blvd | Dallas, TX | 75226**

Come join us and receive FREE health screenings, body measurements, food from our pantry, and valuable information and demonstrations! We will also have a FREE raffle with lots of fun prizes! See you there!



LITERACY  
INSTRUCTION  
FOR TEXAS

# Workshops

*Please join us in Suite 320! Each FREE workshop addresses an area of your life to improve your health, wealth and happiness!*

## **10:15am – 11:00am**

*Healthy Choices: Adam Levy – LIFT Volunteer*

*Shop & Save Smart! Savings, Goals & Couponing: Jessica Miller - Salvation Army*

## **11:00am – 11:45am**

*Healthy Choices: Adam Levy – LIFT Volunteer*

*Bank on Banks (First & Second Chance Banking): Jessica Miller – Salvation Army*

*Dealing with Grief and Choosing Happiness: Karen Medlock – LIFT Staff*

## **NOON**

*Jam Zone Dance Fitness: Claudette Brewer – Dance Fitness Professional*

## **12:00 – 12:55**

*Interview and Resume Skill Building: Shelly Slater – WFAA Channel 8 News*

*Small Business Readiness & Funding Opportunities: Katy Lux - Capital One*

## **1:00pm – 1:55pm**

*Interview and Resume Skill Building: Shelly Slater - WFAA Channel 8 News*

*Small Business Readiness & Funding Opportunities: Katy Lux - Capital One*

*Presented by:*

