Whole Bodied Coaching
Graeson Harris-Young

Be best friends with your body! “Not your grandma’s posture! Go beyond “shoulders back and down” and “sit up straight” and learn how the modern science of good posture can help you. The practical tips in this presentation can help you relieve recurring pain and tension, and they will show you how to stay active and mobile at any age. Presented by Graeson Harris-Young from Whole Bodied Coaching.”

www.wholebodied.com
Important Dates:
- July 24th: Bake Sale to benefit our charities – Marsha Starr
- July 24th: Whole Bodied – Not your grandma’s posture! Graeson Harris-Young
- July 28th: Rotary night with the Padres! Padres vs. Giants 1:10pm
- July 31st: Whole Bodied Coaching - Graeson Harris-Young
- Aug 5th: Board of Directors Meeting – 5:30 pm – Joan Kroc Center
- Aug 7th: Father Joe’s
- Aug 10th: District Membership Seminar – 8:00 am- Noon – USD
- Aug 28th: La Mesa Rotary Blood Drive – Community Center

Fellow Rotarians, we need your participation to make this a grand success. If you like to bake, that's AWESOME. But if it isn't your thing perhaps you know someone who would love to bake something to donate. If not, feel free to pick up something to contribute. All proceeds fund the charities we support. So the more we have the greater the success of this mini-fund-raiser.
Patrick Henry Interact

Donate to Patrick Henry High School Kids:

The kids at Patrick Henry High School will have a booth at Koby's Swap Meet August 10th to raise money for school supplies, used laptops, prom tickets and other items the kids can't afford on their own.

How can Rotarians help? These kids need our donated items to sell at the swap meet. Bring good quality items to our next meeting on July 24th and Jen Flynn will collect what you have. If you have a lot of items and don't want to transport them, contact Dawn Marino at Patrick Henry High directly, and she will organize items to be picked up at your house! You can reach Dawn at: dmarino@sandi.net. Let's be generous and have these kids start their new school year in style!

Save the Date:

Many of you know Jen Flynn founded Mary's House, a foster home for girls in Vietnam, 8 years ago. Jen will be having her annual fund raiser on Thursday evening, Sept. 26th. This year, the event will be hosted by Kettner Exchange located at 2001 Kettner Blvd in San Diego near Little Italy. Tickets will go on sale soon. In the meantime, Jen is requesting donations for the silent auction and sponsorship packages are available. Contact Jen for details at (860)830-4454.

La Mesa Rotary

La Mesa Rotary TATTLER Editor: Scott Elam
elamshallmark@cox.net