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.”

At Whole Bodied Coaching, I help people like you who are living incredible, full lives. You want to know how to:

1) keep your mobility and stay active through your whole life,
2) feel great in your body every day, confident and comfortable, and
3) perform your best at home, at work, and at play.

The only problem is that pain, tension, stiffness and fatigue are getting in your way. And no matter what you’ve tried or how much work you do, you don’t feel much better.

You deserve to feel amazing in your body while you kick ass at what you love to do, your whole life long.

www.wholebodied.com

Lunch Time Service Opportunities

July 31, 2019
Greeter Marsha Darling
Songs Mike Fellows
Pledge Jim Kline
Thought Nathan Oestreich
Raffle John Witt
Fines Bill Ashman
4-Way Ray Aguilar

August 7, 2019
Greeter Keith Dindinger
Songs Guy Elam
Pledge Dennis Knight
Thought Kathy Olsen
Raffle Dani Womack
Fines Dale Bailey
4-Way Robert Aguilar

August 14, 2019
Greeter Burnie Dunlap
Songs Scott Elam
Pledge Steve Looser
Thought Courtney Patterson
Raffle Ray Aguilar
Fines Martin Brickson
4-Way Bill Ashman

If you cannot perform your assigned duty, please arrange for a replacement.
Important Dates:

- 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

DISTRICT 5340 MEMBERSHIP WORKSHOP
AUGUST 10, 2019

UNIVERSITY OF SAN DIEGO
JOAN KROC INSTITUTE OF PEACE & JUSTICE

This Workshop is designed for Club Presidents, Presidents Elect, Membership Chairs/Committee
and ALL Rotarians who want to see their clubs grow and thrive.

The session will include Fresh Ideas, Best Practices, Resources and more to help you:

1. Assess your Club Culture and Identify Areas of improvement.
2. Learn how other clubs handle similar issues and get new ideas from success stories.
3. Develop a Membership Plan for your club with steps to address Areas of improvement, Grow, Develop and Retain members.

8:00 - 8:30 REGISTRATION AND CONTINENTAL BREAKFAST
8:30 - 12:00 MEMBERSHIP WORKSHOP

Rotarians - $30.00, Red Badgers - $20.00, Rotaractors - $20.00
Rotary International: Our Causes

Rotary is dedicated to six areas of focus to build international relationships, improve lives, and create a better world to support our peace efforts and end polio forever.

- **Promoting Peace**: Rotary encourages conversations to foster understanding within and across cultures.
- **Fighting Disease**: We educate and equip communities to stop the spread of life-threatening disease like polio, HIV/AIDS and malaria.
- **Providing clean water, sanitation and hygiene**: We support local solutions to bring clean water, sanitation, and hygiene to more people every day.
- **Saving mothers and children**: Nearly 6 million children under the age of 5 die each year because of malnutrition, poor health care, and inadequate sanitation.
- **Supporting education**: More that 775 million people over the age of 15 are illiterate.
- **Growing local economies**: We carry out service projects that enhance economic and community development and create opportunities for decent and productive work for young and old.

Read more about these causes at [www.Rotary.org](http://www.Rotary.org)

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La Mesa Rotary
2019-20 Board of Directors

President:
Jerry Esqueda

President Elect:
Scott Elam

Past President:
Dani Womack

Secretary:
Dolly Juntilla

Treasurer:
Larry Perna

2018-20 Directors:
Mark Matthews
Kathy Olsen
Marsha Starr

2019-21 Directors:
Courtney Patterson
Robert Aguilar
Sue Richardson

Foundation President:
Tim Miller

New Generations:
Rose Hurst

Speakers Chair:
Bill Ashman

Membership:
Courtney Patterson

Grants Chair:
Burnie Dunlap

Social Chair:
Marsha Darling
Dolly Juntilla

Visit the La Mesa Rotary online! [www.LaMesaRotary.org](http://www.LaMesaRotary.org)
Or find us on Facebook! Just search for La Mesa Rotary.