

## Spring 2010 Dates & Topics:

**January 26—*The Four Seasons of Kids and Money* - Speakers: Steve & Linda Johnston.** Steve is a certified financial counselor through Larry Burkett and a financial counselor and life coach through Dave Ramsey's Financial Peace University. The Johnstons will share their powerful personal testimony of how God turned their lives around through practical but difficult changes with regard to how they handled money. Please join us to learn ways to teach children of all ages about money. Steve & Linda have been married 25+ yrs. and have two grown daughters.

**February 23—*Social Networking & Computer Safety with Kids* - Speaker: Michael Euliss.** Michael will explore the major social networking sites, what they are, how they work, and what the dangers are, as well as strategies to protect your children. Michael Euliss is a motivational teacher and founder of Euliss Consulting Group. As a retired law enforcement officer, Michael is aware of the very real dangers of predators. He is married to his high school sweetheart, Kathy, and has three teenaged children.

**March 23—*Parenting with Confidence* - Speaker: Mary Bolton.** Mary will share lessons learned from nearly 30 years of parenting to help us define our parenting values and objectives so we can parent without fear. Mary is currently the Executive Director of El Buen Pastor Latino Community Services where she has observed that good parenting is not limited by education level or socio-economic status, but from recognizing that children are gifts from God and that relying on His wisdom is the only way to go.

**April 27—*Encouraging Healthy Body Image in Your Kids* - Speaker: Kirsten S. Davis, MAEd.** Program Director, Healthy Family Adolescent Weight Management Program, Sara Lee Center for Women's Health. Kristen will share her personal story of weight loss and lifestyle changes, and will help us learn how to encourage our children's healthy body image and good health regardless of their age or gender. Kirsten is married to Wes Davis and is the mother of two young girls.

*Join us and bring  
A friend!*



**Our Vision**  
We are compelled to reach out in Christ's love, grow with God and others, and go into the community and the world.



## *Mom's Lunch & Learn*

**4th Tuesday of each month**

First Presbyterian Church  
Bldg B (between Sanctuary & Worship Ctr)

**Spring 2010**

300 North Cherry Street  
Winston-Salem, NC 27101

336.723.1621  
[www.1stpres.com](http://www.1stpres.com)

## *What is Mom's Lunch & Learn?*

Mom's Lunch and Learn is an opportunity for moms of elementary, middle and high school students to gain parenting tools and encouragement, and to enjoy fellowship with other women at the same stage of life.

## *What happens at Mom's Lunch & Learn?*

Moms enjoy a brown bag or box lunch with other moms while learning from knowledgeable and engaging speakers on home and parenting topics. If your time allows, please also join us for fellowship (before) and small group time (after).

## *When and Where is it?*

The 4th Tuesday of each month

11:45am-12:30pm (optional fellowship time begins at 11:30, small group discussion follows speaker until 12:45 pm)

First Presbyterian Church, Room B-100  
(Bldg B is between Sanctuary and Worship Center)

## *How do I join in?*

No pre-registration is required. And we love meeting new people, so please invite a friend or co-worker. Bring a lunch or purchase a boxed lunch for \$6.50 (8" sub and chips from Jimmy Johns). To order a boxed lunch, please contact Ronda by Noon on the Monday before Lunch and Learn at 723-1621 x221 or [rondal@1stpres.com](mailto:rondal@1stpres.com).

## *Is Childcare available?*

Yes! Free childcare is available with advanced reservation. Please reserve childcare by the Thursday prior to the meeting date by calling Melinda at 723-1621 x233.

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Give this form to a friend

Join  
us  
for



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11:45am-12:30pm

(optional fellowship time begins at 11:30, small group discussion follows speaker until 12:45pm)

First Presbyterian Church  
300 N Cherry St.; room B-100

## *Where can Moms go for helpful parenting advice?*

To Mom's Lunch & Learn, an opportunity for moms of elementary, middle and high school students to gain parenting tools and encouragement, and to enjoy fellowship with other women at the same stage of life. On the fourth Tuesday of each month, we will learn from knowledgeable and engaging speakers on relevant topics and share in discussion groups over a brown-bag lunch.

*No reservations required,  
so please join us any time!*

Childcare is free with advanced reservation by the Thursday before the upcoming Lunch & Learn. Boxed lunches are available for purchase for \$6.50 for anyone who requests one by noon the Monday before Lunch & Learn. Call Ronda at 723-1621 x221, or email [rondal@1stpres.com](mailto:rondal@1stpres.com)