

Excited to serve as the new chair of the Health and Wellness committee since my professional career was as Adele Large, R.N..

Throughout the summer on Saturdays the committee has continued to pack meals at Our Father's Table for approximately 150 people. Several of our members cook those meals every few months and could use some help. Starting with the September meeting we will resume monthly collections. These collections support the Grace Food Pantry, Family Life Center and the Giving Store. Please remember to bring your donations to the meeting. If you are interested in becoming a member of this committee please contact me or see me at the meeting.

Here's to good health,

Adele Large

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