



TOGETHER WE THRIVE

Please JOIN us on **Facebook** to stay connected, receive updates, and sign up for our awesome events!

Send Friend Request to:

Emily Directions – This is Emily Sullivan’s work Facebook account

Christine Directions- This is Christine Hoff’s work Facebook account

Once we have confirmed your friend request, we can send you an invite to our Private Facebook Group:

Together We Thrive

From there, you will be able to stay connected with the Leaders and other members in the group, receive any updates or announcements we have for the group, as well as check out and sign up for our weekly Zoom events!

We can’t wait to connect with you and work towards Overall Health and Wellness through these difficult times we have been facing.

Thank you,

Emily Sullivan

Christine Hoff

The Together We Thrive Team



TOGETHER WE THRIVE

NEW Program Sessions- Description and Schedule

“ME Exercise”- Lisa Ralston

Schedule:

Mondays 3:30-4:30pm

October 5th- December 14th

No class on Oct 12th (OFF for Columbus Day)

Description:

A place to meet together virtually and get your mind and body moving. Staying healthy physically can be a challenge in our COVID changing world, but it is even more important now! Join us via Zoom to be led by Lisa Ralston in an afternoon of physical movement and mental relaxation.

Registration/Sign up:

Contact *Emily Sullivan* via email at esullivan@oleanilc.org or Text 716-307-0654

Contact *Christine Hoff* via email at choff@oleanilc.org or Text at 716-307-2407

“Cooking with Kev”- Kevin Fisher

Schedule:

Tuesdays 3:30-4:30pm

October 6th- December 15th

Description:

A place to join together virtually to learn all about the basics of cooking, safety and sanitation. Chef Kevin will be teaching you, as well as demonstrating some awesome recipes that you can make at home with your family! Simple, yet tasty!

Registration/Sign up:

Contact *Emily Sullivan* via email at esullivan@oleanilc.org or Text 716-307-0654

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TOGETHER WE THRIVE

“Show Up, Glow Up, Level Up: Finding Strengths and Positivity” **-Mike Marvin, Strength Solutions/Boundless Connections**

Schedule:

Wednesdays 3:30-4:30pm
October 7th- December 16th

Description:

Times are tough and COVID is a bummer. Let's get together to cheer each other up and appreciate the good each one of us has inside. Based on The Virtues Project, this group wants to make a space where we can connect and help each other stay positive. By joining, you will be provided with a safe virtual space where you can connect, uplift, learn, grow, spread appreciation and be filled up with encouragement. This group will learn about, discuss, and apply different virtues that add positivity into our lives and others around us. Focus on Mental, Emotional, and Social Health. *Show up. Glow up. Level up.*

Registration/Sign up:

Contact *Emily Sullivan* via email at esullivan@oleanilc.org or Text 716-307-0654
Contact *Christine Hoff* via email at choff@oleanilc.org or Text at 716-307-2407

“Healthy Cents”-Gayle Patterson, Cornell Coop

Schedule:

Thursdays 3:30-4:30pm
October 8th- December 17th

Description:

This is a series offered by Cornell Coop, that focuses on the health and wellness of our families. You must be over 18 or have a parent that is willing to participate in these classes with you. Gayle will work with Kevin from our cooking class to help families be able to provide nutritious food on a budget. When combined with "Cooking with Kev" on Tuesdays at 3:30pm, your family will receive tips and tools that will provide you with a healthy, tasty, affordable meal. Added bonus, quality time with your loved ones!

Registration/Sign up:

Contact *Emily Sullivan* via email at esullivan@oleanilc.org or Text 716-307-0654
Contact *Christine Hoff* via email at choff@oleanilc.org or Text at 716-307-2407