

Join us for ALOAfest!

Living
→
forward

A day of inspiration, music,
workshops and fellowship!

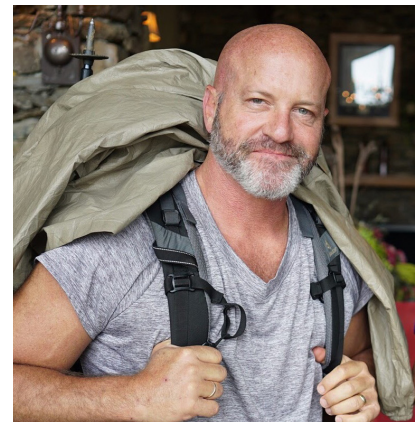
Saturday, October 19, 2019

Grace Lutheran Church

4301 16th Street N - St. Petersburg

Staying Fit to Care & Serve with Tom Hafer

Discover how in caring for ourselves, we're better able to care for others and better able to serve others....ultimately serving God more fully. Rev. Tom Hafer shares practical tips, timeless wisdom borrowed from healthy 100-yr olds, and hands-on participation to inspire a our physical and spiritual disciplines. Tom Hafer is a physical therapist and chaplain who lives and serves in SW Florida.



Workshops presented in morning and afternoon include:

Prayerful Listening - Pastor Loughran teaches how to meditatively listen to God's Word
How Does This Technology Work? - Tips & tricks for using your phone, tablet or computer
Gone Fishin' - Catch a local charter boat captain talking about fishing in the gulf & bay

Someone to Walk With You - A Stephen Ministry leader tells how as Christians, we can there for someone going through crises
The Family Tree - A "how to" for tracing family history & heritage
Pet Pals - Is a faithful companion right for you? Find out the benefits of an animal companion

Stay Sharp with Music - Explore how music helps our brain stay fit as we age
Senior Money Sense - Budget tips aimed at making your money go further
Hands-on Creativity - Make & take project that stimulates your mind and spirit

Registration at 9:00 am

9:45 am - 3:00 pm

Cost: \$15.00 per person plus a canned food donation for St. Pete Free Clinic
Cost includes continental breakfast, lunch & snacks

Register together & SAVE! \$12.00 per person when 6 or more register together

Download a registration form or register online at aloaserves.org/events/aloafest

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ALOA - Florida Region

800-930-2562

aloaflorida@gmail.com