



God-Centered Wellbeing

Wellbeing Connection: Your Wellbeing Matters!

Human Connection Groups, Wellness Tips

An Addiction Ministry Team is forming. *For Jake's Sake: In honor of Jake Rantz*

A group is forming to bring awareness and education about addictions to Maple Grove and our surrounding community. If you are interested in joining this group, please contact

Marialice Bennett at bennett.10@hotmail.com

Walk or Ride Your Bike to Church

If you are able, plan to walk or ride your bike to church while the weather is still nice! Please bring your own lock to secure your bicycle during church. And feel free to attend church in your walking/riding clothes. Think about extending your walk or ride after church and planning a picnic with family or friends. Our website has a map showing safe routes to Maple Grove <http://www.maplegroveumc.org/connect/bike.html>. Full-page version of the map: https://www.google.com/maps/d/u/0/viewer?mid=1eiVKKuHxDH0rxvwj_1KolcRZG9i

Walking Human Connection Group is growing and looking forward to cooler weather! Please come join us on Saturday mornings at 8:30 a.m. We will meet at the deck at Antrim Park and walk around the lake. This year we are going to use the book Walk & Talk – Walking Together with Scripture. We will start with a brief scripture reading for the day's topic. Then there are several suggested questions that we can talk about with each other as we walk. If you have questions or let us know that you'd like to come please contact Mary Jo Weaver at mjweaver@wideopenwest.com or at 614-582-0278 or Sandy Freer at sfreer@columbus.rr.com or 614-530-7971. Walking is good for our bodies and our souls so please come join us!

Are you a Maple Grove attended between the age of 20 and 40? Are you interested in connection with other millennials at church? Questions? Contact Emily Scarborough, e.scarborough@gmail.com or Bethany Glick bak614@gmail.com.

Interested in connecting with others to form a human connection group to journey together?

We all need someone to help us find peace and hope! Get connected with one of our Human Connection Groups.

Groups for Resources and Human Connections

- ♥ Pregnancy and Infant Loss, facilitator Janet Thode, janeththode@insight.rr.com
- ♥ Coloring , facilitator Sandy Boger, Sandra.boger@yahoo.com
- ♥ Chronic Pain and Fibromyalgia, facilitator Beth Molino, bamcuts@aol.com
- ♥ Walking and Talking facilitators sfreer@columbus.rr.com or mjweaver@wideopenwest.com
- ♥ Diabetes, facilitator Bethany Glick, bak614@gmail.com
- ♥ Veterans/Military, facilitator Bill Tenney, bent777@aol.com
- ♥ Caregivers, contact person Marialice Bennett, bennett.10@hotmail.com
- ♥ Personal Family & Friends of Addicts, facilitator Jane Rantz janeprantz@icloud.com

You are invited to join any of these groups. Don't see what you are looking for? Suggest a new Human Connection Group! If you would like more information on a group contact the group facilitator or Marialice Bennett, bennett.10@hotmail.com

See **Central Ohio Diabetes Association** website for information and education opportunities

<http://www.diabetesohio.org/>

Dining with Diabetes: Beyond the Kitchen - FREE online course created by OSU Extension Family and Consumer Sciences. See <http://fcs.osu.edu/BTK> for more details!

Buckeye Wellness Tips <https://nursing.osu.edu/sidebar-content/buckeye-wellness/buckeye-wellness-tips.html>
<https://www.osu.edu/features/2017/simple-steps-to-a-healthy-new-year.html>