

# Join us for ALOAfest 2019!

## Living forward

A day of inspiration, music,  
workshops and fellowship!

Saturday, March 2, 2019

Christ Our Redeemer Lutheran Church  
304 Druid Hills Road - Temple Terrace

### *Old Dog, New Tricks? How the Brain Learns - at Any Age with Mark Schoepp*

You know the phrase, but what's your opinion of whether the 'dog' can or can't learn so well? Mark will explore what we know about how God designed the brain and show us it's pretty clear God's answer is a resounding "Yes!". But what's our part in the equation? See how to care for the brain and keep it ready to learn. As is the case with much of life as a Disciple of Jesus, God has given us important work to do to be the best life-long learner we can, to *Live Forward and Give God Our Best!*



A variety of workshops will be presented in morning and afternoon, such as:

- Recording your life journey in words
- Stories from Florida's past
- Yoga for the not so flexible
- Keeping your identify and information safe
- Good grief - secrets to living through loss
- Tai Chi: exercising body & spirit
- Living Wills: Who needs one?
- Creative, hands-on make & take sessions:  
choose Painting anyone can do - or -  
Make your own greeting cards

Registration at 9:00 am **9:45 am - 3:00 pm** (includes lunch)

**Cost:** \$15.00 per person plus a can of food for Metropolitan Ministries

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

Download a registration form or register online at [aloaserves.org/fla/aloafest](http://aloaserves.org/fla/aloafest)

Thank you to our  
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ALOAFest - Florida Region

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