

**MTM HEALTHY GIVING
CONTEST PACKET**

EVENT #1: WEDNESDAY OCTOBER 3rd
AT 12:00 (meet in the Lobby)

ONE-HOUR WALK & A VISIT TO GUY TYLER!!



EVENT #2: SUNDAY- 10/7 8 am



ALL SOULS
EPISCOPAL CHURCH
— STONY BROOK, NY —
Established 1889

JOIN THE **MTM TEAM!!!**

The 10th Annual SOLES for All Souls 5K Run/2K Walk
Registration is online through **ACTIVE.COM**

(Search Soles for All Souls)

PLEASE WEAR YOUR FREE

MTM WALKING/RUNNING

CLUB TSHIRT or we will give you one!

EVENT #3: WEEK OF OCT 8th - OCT 13th

**ALL FITNESS CLASS PAYMENTS
WILL BE DONATED TO VIBS**



VICTIMS INFORMATION BUREAU OF SUFFOLK

**Each Class Taken is worth 3 fitness points per half
hour + 3 BONUS points****

**EVENT #4: OCTOBER 11th at 12:00
WEST MEADOW BEACH CLEANUP**



(Bring your garbage bag(s))
Member who collects the most garbage
Get 5 extra Bonus Points!

EVENT #5: October 15-October 19
Between 11:00-5:00



608 Route 112
Port Jefferson Station, New York
Come help out at Save a Pet in Port Jeff
10 Points Per Visit!

EVENT #6: FREE ESSENTIAL OILS WORKSHOP
October 18th At 6:30 pm



Come Join Gigi for an informative seminar
On the power of essential oils for weight loss!!

EVENT #7: October 21st 8 am



Please wear your MTM Walking/Running Club Tshirt

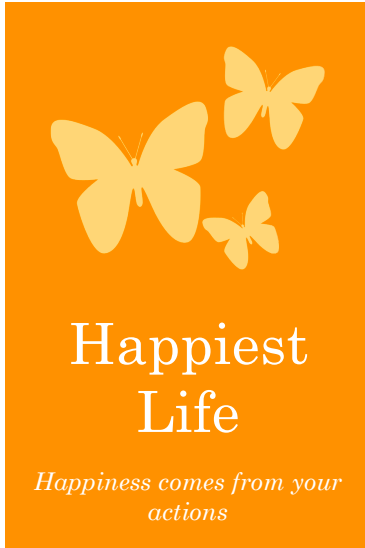
EVENT #8: Food Drive



October 22-October 28th

**Bring in a canned food item to our
Donation box and receive 2 points per
canned item!**

EVENT #9: October 25th at 12:00
FREE LIFE COACHING SEMINAR WITH LINDA



Reserve Today

Do you keep looking for happiness
but life gets in the way?



**Come join us and learn about
the
“Happy Life Project”**

By Linda Folken RDN, CDN, Life Coach

Workshop Includes:

- Visualization Exercise
- Obtain strategies to create your “Happy Life Project”
- Breakdown your Project into manageable steps
- Identify an Action Step toward your happiest life ever

October 25, 2018 at 12noon

Location: Made to Move Tennis and Wellness
Reserve your spot today by calling
631- 751-6767

EVENT #10:

SUNDAY OCTOBER 28th

1:00-2:30 OR 3:00-4:30



**OUR DAILY BREAD SOUP KITCHEN
ST. JAMES CHURCH
429 Route 25A
Setauket, NY**

EVENT #11: October 29th at 1pm

Metabolism Mover Nutrition Class

with Amy M.

October 29th at 1:00 pm

Come join Amy M. as she discusses healthy ways to increase your body's metabolism rate & lose weight in the short-term, while making healthy positive changes to your lifestyle for the long-term.

EVENT #12: HEALTHY POTLUCK LUNCH October 30th at 12:30

Join Us For A Healthy Potluck Lunch
Bring Your Favorite Healthy Dish!



Winner of Best Recipe:
10 Extra Bonus Points
+ Free 3-pack of Fitness Classes!