

LCNFC's Annual

Easter Egg Hunt

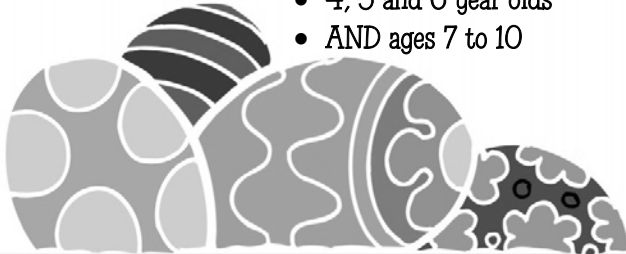
2,000 EGGS and PRIZES!

SATURDAY, APRIL 3

11 a.m.

Yard to the West of BCSC's Admin Bldg.
(corner of 13th Street and Cottage Avenue)

- 3 Hunt Areas...**
- ages 3 and under
 - 4, 5 and 6 year olds
 - AND ages 7 to 10



Don't forget to bring a basket or bag!

Thanks to Cummins COB employees!!!

Taking Charge of Your Health

That hamburger and big basket of fries tasted good, but two hours later, you feel like it's ripping a hole in your chest. Stomach taking revenge? Nope—heartburn!

When you eat, the muscle at the lower end of your esophagus relaxes and opens and closes to admit food to your stomach. Heartburn occurs when this muscle doesn't close completely. Nearly everyone has heartburn once in a while. Heartburn that just won't go away needs medical attention because it may be a sign of other problems!!!

Self-Care Tips

- Don't overeat.
- Eat slowly and chew thoroughly.
- Loosen tight-fitting clothing.
- Don't lie down immediately after eating.
- Sleep with the head of your bed elevated.

If you have additional questions about heartburn, you can also contact your doctor or Columbus Regional Hospital's Ask-A-Nurse at 379-1210 or 1-800-365-0202.

Like to save \$\$\$\$?

WANT CHEAPER ENERGY BILLS?



If you answered YES, then you should come to the Energy Education class sponsored by Human Services, Inc! The class educates people about the use of energy consumption and to inform people about small steps they can do to make their home more energy efficient.

This will SAVE YOU MONEY along with MAKING YOUR HOME SAFER!

 **WHEN:** Tuesday, April 20

 **WHERE:** LCNFC—1039 Sycamore St.

 **TIME:** 10-11 a.m.

 **PRESENTED BY:** Human Services, Inc.

For attending this class, those who qualify will receive a FREE Energy Savings Kit and more energy saving items! To receive the kit, you must be approved for energy assistance, must take the class and have not received a kit already this season.

For more information, call Human Services Energy Assistance Program at 372-8407.

Building tomorrow's neighborhoods... TODAY!