

# Christmas Day Dinner



## CHRISTMAS DAY

(Friday, December 25)

**NOON TO 2 P.M.**

## ST. PETER'S LUTHERAN

(enter by the playground in the parking lot)

If you are unable to attend at the church, delivery meals are available by calling LCNFC at 379-1630 before 12 p.m. on Tuesday, December 22.

*Sponsored by St. Peter's, LCNFC, Barth. Co. Sheriff's Dept. and Reserves and The Nugent Foundation*



# Make a Gift For Someone Special

**Saturday, December 5<sup>th</sup>**

**10am-1pm**

## First United Methodist Church Fellowship Hall

Children ages 5-12 can make a gift for someone special in their lives.

**Space is limited so please RSVP...**

Call LCNFC at 379-1630 to reserve your child's spot!

## Taking Charge of Your Health

Any time you tighten a muscle repeatedly, as when running or hammering, or hold it in one position for a long time, as when squatting or working at a computer, it may become stiff. Often stiffness and pain aren't felt until the next day. The tensor fasciae latae muscle, which runs along the outside of the upper leg and allows the leg to move outward to the side, is a common site for muscle tightness. But other muscles, including those in the buttocks and in the inside, front and back of the thigh, can also become tight.

### Self-Care Tips

- Sit in a warm bath.
- Try some gentle stretching.
- Drinking plenty of water is also a good way to loosen up tight muscles.

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



# Angels Of LOVE

**Gift Distribution  
Sunday, December 13  
2 p.m.**

**St. Peter's Lutheran  
Church**

If you signed up your child to receive Angels of Love gifts, don't forget to pick up the presents! There will be a brief holiday celebration. You are welcome to bring your children with you!