

COMING SOON to your LCNFC...

- Spring Auto Clinic (4-2)
- Cow Pie Bingo (7~16)
- Bill Stearman Shootout (7-23)

kidscommons connection...

*Movin' and groovin', gettin' the motion
AND gettin' on the go!*

Happenings at our children's museum at The Commons...

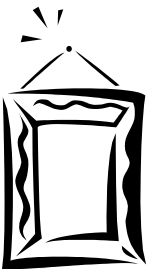
During March and April, kidscommons will be closed to prepare for the BIG move to 309 Washington Street!!! Families can look forward to exciting new exhibits for kids of all ages - even teens, party rooms, and First Fridays of every month will have free admission from 5 - 7 p.m. Keep watching for updates!!!

What's Goin' on in March?



AUTO MAINTENANCE CLINIC!

Saturday, April 2, morning, St. Peter's Lutheran Church! REGISTRATION is underway! Need a free oil change? Call the LCNFC (379-1630) before March 11 to schedule an appointment.



ADULT NIGHT OUT! Thursday, March 10, 6 p.m., Cindy's Picture Framing (corner of 11th and Washington). Bring your favorite photo and have Cindy help you mat and frame it to create a family treasure. FREE - but **space is limited!** You must call Lindsey at the LCNFC (379-1630) to **reserve your spot!!!**



PRE-SPRING BREAK LUAU!

Thursday, March 17, 6 to 7:30 p.m., Lincoln Elementary. Kickoff spring break with a Hawaiian Family Night! Games! Crafts! SNACKS! Bring your family and friends to share in the fun! Come dressed in your most festive attire!



Saturday, March 26

Open Jam from 4-5 p.m.

(Bring your acoustic instrument)

Show from 5-9 p.m.

The Commons

FREE! Featuring five area bluegrass bands. For more information, call Jack at 376-0714 or Joe at 379-2408.



Taking Charge of Your Health

High blood pressure (HBP) affects one in every four adults. As a main risk factor for two of the top three leading causes of death in America, HBP is perhaps the number one killer in this country. Left unmanaged, HBP can also damage the kidneys. HBP is not curable, but it can be controlled. PLEASE make sure your blood pressure is checked regularly at your doctor's office.

Self-Care Tips

- Lose weight
- Exercise regularly
- Control salt in your diet
- Limit alcohol
- Quit smoking
- Eat less fat

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