



NEW Programs from The Shepherd's Center

Vital Living in May, 2017

Spreading more offerings throughout the week



Meaningful Monday - Health & Education Series

Join Health Coach, Stefanie Draper

Monday May 15 - 1:00 - 3:00 pm

Learn a new approach to improving your health.
What is health coaching? When and how can a health coach help you achieve your wellness goals?



Travel Tuesday - Tours or Travelogues

(Note* Saturday this month for this special event)

17th Bethabara Highland Games

2147 Bethabara Road, W-S 27106

Saturday May 13 - 10:00 am - 4:00 pm

No cost for admission. **Meet at 1:00 pm at the battle-axe competition**
Come early to enjoy Scottish heavy athletics, Celtic music, Border collie demos, and find your Clan family society. Scottish & festival food available.

Way Back Wednesday

Local, World, Ancient & Current History

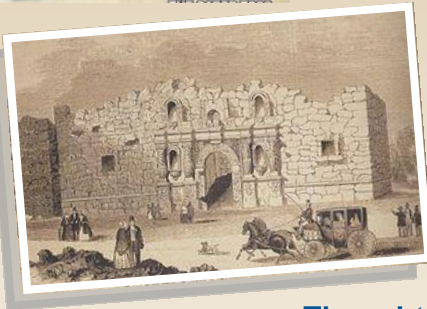
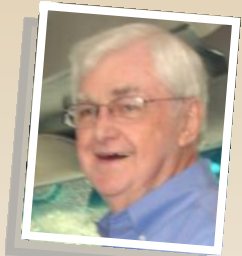
“U.S. - Mexican Relations Then & Now”

Learn more with Paul McCraw

Wednesday, May 3 - 2:30 - 4:00 pm

Learn about the sociological and economic upheaval that followed the U.S.- Mexican War, (1846-1848) and continues to shape relations and immigration issues between the two countries even to this day.

Happy Cinco de Mayo!



Thought-Provoking Thursday - Lifelong Learning

“Essential Oils for a Safer, Cleaner Home”

with Vicki Carpenter

Thursday, May 25 - 2:00 - 3:30 pm - Lower level



Fun Friday Concert Series - It's a Beach Party!!!

The Invaders

Friday, May 19 - 7:00 - 9:00 pm

at the Shepherd's Center *(\$10)

And join us for an evening of your favorite Rock & Roll.
Classic Rock, Southern Rock, Beach, Blues,
Boogie, Soul & Country



These programs and events are No Cost* offerings of the **Vital Living Program** of the Shepherd's Center of Greater Winston-Salem, 1700 Ebert Street, W-S, NC 27103

*(No Cost except for the Fun Friday concert with The Invaders)

Space is limited. Call **336-748-0217** to confirm your registration. Donations are appreciated.