

The Church Bell

May 2017



"Follow The Bells"



Cortland Christian Church

Reverend
Donald P. Barnes

153 Grove Drive
Cortland, Ohio
Phone 330-637-4611
officeatccc@gmail.com

Jonathan Gallo
Organist

Joyce Hall
Administrative Assistant



Jesus,
Our guiding Light

Pastor's Pen

May 2017

*good-bye: salutation in parting, from godbwye
(1570s), a contraction of God be with ye (late 14c.),*

We have been saying "hello" for so long, it is hard to imagine that we are saying "good-bye." Together we have covered much ground: celebrations and challenges, joys and sorrows. I think that through it all we have grown more than just a little bit. We have learned to appreciate one another, to respect one another, to love one another. There will always be a special place in our hearts for our dear brothers and sisters at CCC. With that being said, in the truest sense of the words, Lorra and I bid you Good-Bye. May God be with you dear friends.

A handwritten signature in black ink, appearing to read "Pastor [unclear]".

Our Worship Assistants

Elders: May 7 Linda Swauger and Joyce Lewis
 May 14 Amy Popichak and Jon Kloboves
 May 21 Ron Miller and Amy Popichak
 May 28 Amy Seger and Curtis Bell



Deacons: Captain: Judene Ainsley: Phone 330-637-9938

Selena Oriti, Brenda Byler, Chuck Corbet, Betty Evans,
 Ron Miller, Bob Bradford, Joyce Hall

Deaconess: Linda Rogers

The Church Office

will be open on

Monday-Thursday

9:00am.-Noon

Phone: 330-637-4611

*Feel free to call or
 stop in if you have
 a question or need
 help.*

May 2017 Coffee Hour Hostesses

May 7 Virginia Carr, Carolyn Sparhawk,
 Betty Evans

May 14 Mothers Day

May 21 Sharon Hopkins and
 Judy Hansel



May 28 Pastor Dons Retirement Dinner

"Thank You all" so much for such good food
 and great fellowship



So sweet! Comforting his puppy friend ...
 Hugs definitely make us feel better!

FINANCIAL UPDATE OF CHURCH OPERATING FUNDS

Fund	Apr-17			Year-to-Date		
	Income	Expense	Net	Income	Expense	Net
General	9,017	8,481	536	33,433	35,652	-2,219
Building (Mortgage)	2,459	2,048	411	9,493	8,191	1,302
Total>>	11,476	10,529	947	42,926	43,843	-917

Mortgage Balance

\$105,040.17



"Happy" May Birthdays

May 5 Karen Lenhart
May 9 John Klamut
May 11 Justin Klamut
May 13 Roger Mcafferty
May 18 Jamie Leveto
May 18 Joshua Musson
May 23 Joyce Seagle
May 25 Jill Coen
May 26 Lorra Barnes
May 30 Phyllis Beer

"Happy" May Anniversaries

May 1 Amy and Mark Popichak
May 4 Charlie & Phyllis Beer
May 8 Charles & Linda Chagnot
May 8 Corrin & Mark Schuller
May 12 Greg & Judene Ainsley
May 17 Matthew & Darlene Ball



GOD WILL PROVIDE

A young woman brought her fiance home to meet her parents. After dinner, her mother told her father to find out about the young man.

The father invited the fiance to his study for a talk.

'So what are your plans?' the father asked the young man.

'I am a biblical scholar,' he replied.

'A Biblical scholar. Hmmm,' the father said. 'Admirable, but what will you do to provide a nice house for my daughter to live in?'

'I will study,' the young man replied, 'and God will provide for us.'

'And how will you buy her a beautiful engagement ring, such as she deserves?' asked the father.

'I will concentrate on my studies,' the young man replied, 'God will provide for us.'

'And children?' asked the father. 'How will you support children?'

'Don't worry, sir, God will provide,' replied the fiance.

The conversation proceeded like this, and each time the father questioned, the young idealist insisted that God would provide.

Later, the mother asked, 'How did it go, Honey?'

The father answered, 'He has no job and no plans, and he thinks I'm God!'

Don't forget these Important Meetings



Finance Meeting — May 2, 6:30pm

Board Meeting — May 2, 7:00pm

Elders Meeting — May 21, 8:30am

**You are needed there to give your thought and ideas
and to vote on important matters.**

Sorry this is late some of these meeting are over.



**"Wireless communication is nothing new.
I've been praying for 75 years!"**



SOUP AND SANDWICH

**We had a wonderful year of
Soup and Sandwich luncheons.**

**However, Thursday, April 20th was the last lunch until
September 15.**



Thanks You so much to everyone (the food preps, cooks, the servers, the pie makers and the cleanup crew) that make these luncheons so terrific.

This has become a social gathering for so many residents of the area. With all the dine in, or call in orders and the take out orders, we are able to contribute to the mortgage fund.

No one wants these luncheons to end for the summer except maybe (All the food preps, the cooks, the servers, the pie makers and the cleanup crew.) Only kidding they just need a slight break. Probably not too many customers want hot soup in the summer.

**Thanks again..... Helpers and Guests
Great Job everyone! Thank you so much**

God Does Heart Transplants - Ezekiel 36:26

The first time the word heart is used in Scripture is significant.

"The LORD saw how great the wickedness of the human race had become on the earth, and that every inclination of the thoughts of the human heart was only evil all the time. The LORD regretted that he had made human beings on the earth, and his heart was deeply troubled." [Genesis 6:5-6](#)

Fortunately, God didn't give up on us. He made this offer to those who respond to His love:

"I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh." [Ezekiel 36:26](#)

Best of all, when we come to Christ, our hearts become God's love letter:

"You show that you are a letter from Christ, the result of our ministry, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts." [2 Corinthians 3:3](#)

Thank-you, Lord, for writing Your love on our hearts.

Gail Burton Purath

"I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh." Ezekiel 36:26



Here are some good thoughts for today:

- 1 Prayer is not a "spare wheel" that you pull out when in trouble. But it is a "Steering wheel" that directs the right path throughout the journey.
2. So why is a cars "Windshield" so large and the "Rear View Mirror" so small? Because our Past is not as important as our Future. So, Look ahead and Move on.
3. Friendship is like a BOOK. It takes a few minutes to burn, but it takes years to write.
4. Often when we lose hope and think this is the end, GOD smiles from above and says, "Relax, sweetheart, it's just a bend, not the end!
5. When GOD solves your problems, you have faith in HIS abilities; when GOD doesn't solve your problems HE has faith in your abilities.
- 6.Worrying does not take away tomorrow's TROUBLES, it takes away today's PEACE




Live simply, Love generously, Care deeply, Speak kindly and Leave the rest to God.

Jesus Paid It All
(Leviticus 6)



May 2017




Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Meetings Finance 6:30 Board 7:00	3 Joyful Noise	4 Aerobics	5 	6 Aerobics
7 Sunday Service 10:30 am	8 Aerobics	9 	10 Joyful Noise	11 Church Pride Day Brownies Aerobics	12	13 Aerobics
14 "Mothers Day" 	15 Aerobics	16	17	18 Aerobics	19	20 Aerobics
21 Meeting Elders 8:30am	22 Aerobics	23	24 	25 Brownies Aerobics	26	27 Aerobics 
28 Sunday Service 10:30 am	29 Memorial Day 	30	31			

phone numbers to physicians, dentists, etc.
or call Greg Byars 919-772-9002

GOD SAID NO!!

I asked God to take away my habit. God said, No. it is not for me to take away, but for you to give it up. I asked God to make my handicapped child whole. God said, No. his spirit is whole, his body is only temporary. I asked God to grant me patience. God said, No. patience is a byproduct of tribulations; it isn't granted, it is learned. I asked God to give me happiness. God said, No. i give you blessings; Happiness is up to you. I asked God to spare me pain. God said, No. suffering draws you apart from worldly cares and brings you closer to me. I asked God to make my spirit grow. God said, No. you must grow on your own, but I will prune you to make you fruitful. I asked God for all things that I might enjoy life. God said, No. i will give you life, so that you may enjoy all things. I asked God to help me LOVE others, as much as He loves me. God said...Ahhhh, finally you have the idea.

THIS DAY IS YOURS DON'T THROW IT AWAY...
May God Bless You.




*Many people think I am prettier
than most girls of today, what do you
think?*

10 Reasons Why Complaining is Toxic

You know, a little commiserating, self-pity, critical whining.

But a “good complain” isn't really good.

One author offers 10 reasons why complaining is "toxic," especially in a group:

1. It makes things look worse
2. It becomes habit
3. It skews our focus
4. It causes competitive complaining (increasing complaining in others)
5. It makes people despondent
6. It kills creativity
7. It rewards negative people
8. It promotes bad relationships
9. It creates complaining companions and cliques
10. It leads to pessimism

Complaining is harmful to body and soul...

Sometimes I enjoy a “good complain.”

*

True! True!

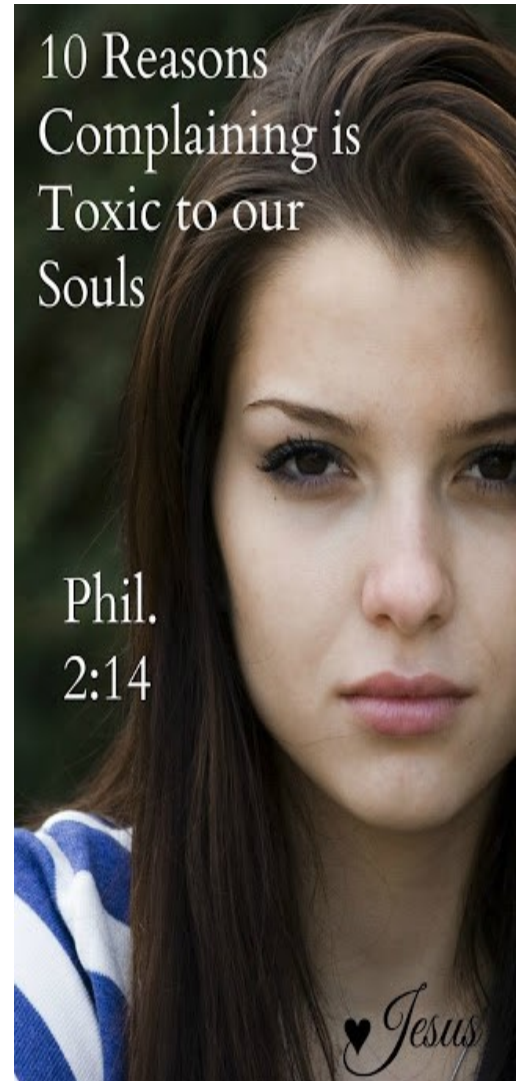
No wonder God tells us:

“Do everything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.” **Philippians 2:14-16 (NLT)**

Dear Lord, help us stop whining and start shining. Amen

10 Reasons Complaining is Toxic to our Souls

Phil.
2:14



Dandelions

“A man who took great pride in his lawn found himself with a large crop of dandelions. He tried every method he knew to get rid of them. Still they plagued him.

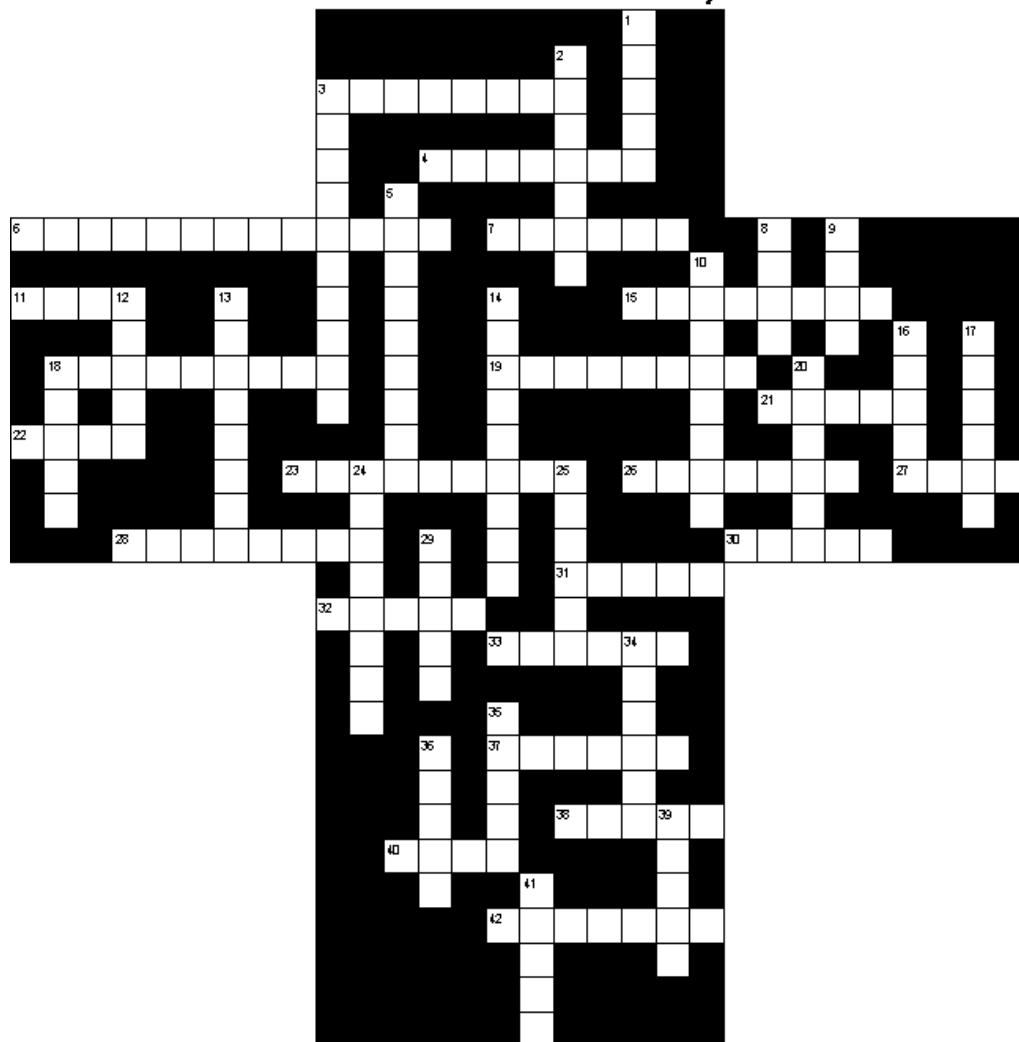
Finally he wrote the Department of Agriculture. He enumerated all the things he tried and closed his letter with the question: “What shall I do now?” In due course the reply came: “We suggest you learn to love them”

Did you know that dandelions are the only flowers that represent 3 celestial bodies?

The yellow flowers resemble the sun, the puff ball looks like the moon and the dispersing seeds reminds one of the stars.



The Easter Story



Down

1. The father-in-law to the high priest. Jesus was first brought to him
2. Another name for the place of His crucifixion.
3. The garden where Jesus prayed before He was arrested
5. And it was the third hour, and they _____ Him.
8. This was written and set over His head: "_____ of the Jews"
9. Judas betrayed Jesus with a _____.
10. "Go ye into the world and preach the gospel to every _____."
12. Joseph took His body down and wrapped it in fine _____.
13. The prisoner released by Pilate instead of Jesus
14. The pharisee that brought spices for His burial
16. The apostle who betrayed the Christ
17. "Why seek ye the _____ among the dead?"
18. He was taken up; and a _____ received Him out of their sight.
20. Judas betrayed Jesus for thirty pieces of _____.
24. And they crucified Him, and parted His _____, casting lots:
25. He appeared to two disciples on the way to this village.
29. Jesus told Peter to feed His _____.
34. The Roman governor who washed his hands of the whole affair
35. This was rolled in front of the tomb and then sealed.
36. and His sweat was as it were great drops of _____.
39. The soldier pierced His side with this
41. He is not here: for He is _____ as He said.

Across

3. It means "A place of a skull;" Where He was crucified
4. These guys were crucified on each side of Him.
6. And He was numbered with the _____.
7. Jesus was anointed with precious ointment in preparation for His _____.
11. This part of the temple was torn in two from the top to the bottom
15. And when the sixth hour was come, there was _____ over the whole land.
18. This Roman said, "Truly this was the Son of God."
19. The high priest who said it was expedient that one man die for all.
21. The _____ of blood was purchased with the betrayal money
22. The disciple that took Mary home as his own mother
23. He appeared first unto Mary _____.
26. "Father, _____ them; for they know not what they do."
27. He shed His blood so our _____ would be forgiven.
28. The Last Supper was a celebration of this Jewish holiday
30. The ruler of Galilee
31. This was sent to strengthen Him when He was praying in the garden.
32. This apostle denied that He knew Jesus three times.
33. This wealthy man of Arimathea buried Him.
37. The doubtful apostle
38. "A spirit has not _____ and bones as ye see me have."
40. And they stripped Him, and put on Him a scarlet _____.
42. They gave Him this to drink when He was on the cross.

I hope you find this puzzle is a challenge, however if it isn't difficult for you, you may be someone who knows his bible well.

Just for fun and relaxation

Test yourself.....:)) Good Luck



John 13:34-35
³⁴ “A new command I give you: Love one another.
 As I have loved you, so you must love one
 another.
³⁵ By this everyone will know that you are my
 disciples, if you love one another.”

There are many things in our lives that persist in “plaguing” us like “dandelions”, things like chronic medical conditions; relationship issues; grief; something in our appearance or general makeup. These are things we sometimes wish weren’t there, things we keep fighting a losing battle against. Maybe we need to try to look at them differently. Instead of fighting them or complaining about them, maybe we need to learn to love them. Now, I’m not talking about giving up or giving in or accepting something that is harmful to you. I’m talking about developing a new understanding of those aspects of your life that are trouble some to you. Look at them from a fresh perspective. Embrace them as much as you can as a part of what makes you “You” now. Learn to love them and yourself. The choice is yours.

Remember, you are one of God’s precious creations—so celebrate whatever you can about whatever situation you’re in (Paul encouraged the Christians in Thessalonica: “*Give thanks in all circumstances.*”

And remember: dandelions are one of God’s creations, too!.

Pray for and
 Send a card to
 our
 “Shut-Ins”

Here are our
 shut-in mem-
 bers or
 members of
 concern.

Please!

Drop them a
 card
 or a note of
 encourage-
 ment
 and let them
 know
 how much
 we care!

Grace Wagner

175 Wall Street
 Cortland, Ohio 44410
 330-637-5957

Vera Kidd

Community Skilled Nursing
 Room 221
 1320 Mahoning Ave.
 Warren, Ohio

Raymond Kline

502 Arcaro Street
 Cortland, Ohio 44410
 234-244-4241

Phyllis Beer

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 41 Heron Circle
 Cortland, Ohio 44410
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Vivian Jensen

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 3090 Five Points -Hartford Rd
 Fowler, Ohio 44416

Frank Zanin

18170 N.91st Ave.
 Apt.1210
 Peoria, Az. 85382

Alice Kalas

Champion Estates
 Room211 Windsor Place
 Warren, Ohio 44484
 330-307-7583



Obedience: Love Will Set You Free

by Kristi Watts, from [Talk Yourself Happy](#)

Tempted

I felt powerless. I tried to do right, but then I failed. I tried again. Then I failed again, and again, and again. *You can handle this on your own*, I thought to myself. But my sin kept taunting me, teasing me, testing me, until I finally said, “Why bother fighting it?”

Then, like a dark illusion that had made its conquest in my life, it almost immediately became a cold and aloof stranger, leaving me feeling empty, regretful, and chronically unhappy. It stole my joy, consumed my thoughts, and distracted me from the presence and promises of God, in whom true happiness resides.

We all struggle with something. And it’s that area of weakness that the enemy targets every time. It doesn’t matter how mature we are in Christ, how old we are, or how long we’ve served God; **we will all be tempted**. And we will all fall short at some point.

Ecclesiastes 7:20 says,

Indeed, there is not a righteous man on earth who continually does good and who never sins.

But that doesn’t give us a free pass to do whatever we want. After all, living a life solely to fulfill **self** is like pouring water into a bucket with a hole in it. It never gets filled.

God has so many wonderful gifts and treasures for us when we obey His Word, but none of that matters unless we know how to obey. And let’s be honest. Even when we know the *how*, we still need help understanding the **why**. As in, why do we continue to fall into the same behavior patterns that lead us away from the ways of God? The answer is found in Galatians 5:16–17:

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.

We are in a war. And the battle is between our **flesh** (self) and the **spirit** (the Spirit of God within us). The way to win the war is with our words. Why?

Because our words influence what we think and, therefore, how we choose to live.

The challenge is that so many of us have been sowing into the wrong team by fueling a perspective that promotes the advancement of self.

We become motivated by what we see, what we feel, and what we desire rather than what God sees, how He feels about us, and what He wants for our lives. So we open the door for the enemy to lure us with the many counterfeits that target these three self-focused motivations: **the lust of the eyes, the lust of the flesh, and the pride of life**. We see this played out in the biblical story of Eve encountering the serpent in the garden of Eden.

When the story opens, Eve had everything. In fact, she lacked nothing! She lived in the most beautiful garden with the most spectacular view of God’s creation all around. At her fingertips were the most delightful foods created, and the coolest creatures roamed freely. And even more wonderful was the fact that the Creator himself walked alongside her and her husband, talking regularly with them. God freely gave them everything they needed and desired.

But then the enemy came in the form of a serpent. When he said that if Eve ate of the forbidden fruit she would become wise, his words implied that she wasn't wise, creating a fear within her that, despite all she had been given, she still lacked something. She took in the enemy's words, accepted them, and then reiterated them to Adam (Genesis 3).

She chose to trust the lies of the enemy about what she was missing and how great her life could be over the truth of God's Word. She didn't trust that God had imparted all the wisdom and knowledge necessary to live an abundant life. She was **afraid of missing out**.

This was the **pride of life**. The heart issue was *fear* rooted in a *lack of trust* in God.

When Eve saw the fruit the enemy was proffering, she told herself that it was "pleasant to the eye." She saw it, wanted it, and had to have it. The enemy lured her in by appealing to her eyes and feeding into her desires. Especially that lie that said what she had wasn't enough. She needed more.

The truth was that God had given her and Adam an entire garden of every kind of fruit imaginable. She already had everything, yet the enemy fed her the lie that God's everything was not enough. She felt the need for more, more, more.

This was the lust of the eyes, the heart issue at play being the desire to be fulfilled by things outside of God.

Then Eve told herself the forbidden fruit was "good for food." What's so bad about that, you ask? It was all about the enticement that appealed to the flesh, the feelings associated with giving in to what makes us feel good, what gives us instant gratification and even a momentary high — things such as over-indulgence of food; sexual relationships outside of marriage; outbursts of uncontrolled anger, gossip; overindulgence in alcohol, drug abuse, and more.

This was the lust of the flesh, and the heart issue here was the desire to **feed into the feel-good**, placing the flesh as a priority over the spirit.

As food sustains and impacts different aspects of our bodies, the **Word of God sustains** and transforms our spirit-man by impacting our behaviors, mind-sets, and, of course, our talk.

One of the reasons so many of us struggle and feel as if happiness has evaded us is that we've stopped leaning into the sustaining power of God's Word. Instead, we've pursued other sources and adopted certain speech, behaviors, and mindsets that are not from God and that negatively affect how we perceive ourselves, as well as how we cope in life.

Ever since those early days in the garden, these temptations have been a struggle for all of us. They seek to throw us off the path God has for us, which only leads to emptiness and unhappiness. But God, as we know, is a God of compassion, and He has provided a way back from this disobedience.

We find victory when we do battle against our flesh by **feeding the spirit**.

Just as our bodies convert food into energy, our spirits convert the Word of God into power. When we feed our bodies, we eat food, allow it to digest, then use it to take on whatever task is at hand. In the same way, when we feed our spirits, we read the Word, spend time meditating on it, then apply it to whatever situation is at hand.



But this is not what God wants for us. Jesus Christ did not die on the cross simply so we could *cope* but rather so we could have ***an abundant life***. When we readjust our hearts and begin to tell ourselves how much He loves us versus how much we think He's withholding from us, we'll begin to recognize the fulfillment of His promises rather than see only through the filter of our problems.

- We have to tell ourselves three things:
- *Who* we are: children of God (God's heirs)
- *Whose* we are: God is our Abba, Father.
- *What* we have: Everything that God has promised us. God's Word doesn't come back void, so if he said it, we have to count it done!

Our hope is knowing that whatever we are going through, **our circumstances are temporary**. We have to encourage ourselves by keeping the Word of God at the forefront of our circumstances.

God loved His Son, just as He loves each one of us. We can trust that God is faithful and will meet all our needs.

Excerpted with permission from [Talk Yourself Happy](#) by Kristi Watts, copyright Kristi Watts.

* * *



Having more fun that a wheelbarrow
of monkeys????

These little guys don't seem to be having much fun or maybe they are just contemplating some new antics..

But you can't say this isn't as cute as can be....

Our world is full of fun and wonderful sights....

Baseball in Heaven

Two buddies Chris and John were two of the biggest baseball fans in America. For their entire adult lives, Chris and John discussed baseball history in the winter and they pored over every box score during the season.

They went to 60 games a year. They even agreed that whoever died first would try to come back and tell the other if there was baseball in heaven.

One summer night, Chris passed away in his sleep after watching the Yankee victory earlier in the evening. He died happy. A few nights later, his buddy John awoke to the sound of Chris's voice from beyond. "Chris is that you?" John asked. "Of course it's me," Chris replied.

"This is unbelievable!" John exclaimed. "So tell me, is there baseball in heaven?"

"Well I have some good news and some bad news for you. Which do you want to hear first?"

"Tell me the good news first."

"Well, the good news is that, yes, there is baseball in heaven, John."

"Oh, that is wonderful! So what could possibly be the bad news?" "You're pitching tomorrow night."



Easter Sunday Baptism

2017

Pastor Don Baptizing

Josh Musson

Pastor Don, presenting Josh Musson, (Anna Musson- Mother) Joyce Eckard and Keegan Bland their Baptismal Bibles.

If you look closely you can see some of the many beautiful Easter flowers in honor of and in memory of our loved ones.



A favorite moment of the Sunday Service is the Children's Message with Pastor Don.

This was a few Sundays before Easter. Pastor never knows how many children he will have in attendance to talk with. What a delight our children are....

Nancy's Tea 2017

There were 16 beautifully decorated tables and 128 invited guests and members.

Our buffet was seemingly endless, with sandwiches, salads, and wonderful desserts, fruit, coffee, punch and of course TEA.

Here are a few pictures of this event. Our speaker, Nancy Gurdak, Quilts of the Underground Railroad.



Who didn't enjoy the little "penguins" made by Ruth Weidemeyer. Almost too cute to eat.





This is last, but not at all least. This is a sad time for our church, Pastor Don is retiring from the ministry, which means he is leaving Cortland Christian Church. He has given us much of his time and ministerial talents for many years, and will be greatly missed. His great sermons have inspired us and have brought many new memberships to CCC. Compassion and loving concern for his congregation have been his gifts to us. We are always welcomed with a warm smile and a few kind words. His voice singing our traditional hymns and many contemporary Christian songs has enlightened us every Sunday morning. He has brought so much to CCC and will be fondly remembered.

The Childrens Message with Pastor will be a great loss to our children who have come to love that segment of our worship. "Asking are there any children who would like to come up? "They come running, to be by his side, to hear his words of wisdom, and a mini-sermon.

Many visits to hospitals, rehab centers and homes of the congregation have been accepted with love and gratefulness.

However, retirement means some "time" for he and Lorra to rest, enjoy nature and do some traveling to visit their children. So Pastor and Lorra, it is with love and good wishes that we say so long. We will never forget what all you have given us, spiritual messages, hope, music, compassion and love. You have given us knowledge of God, Our Savior. We are thankful for that !!

Part from CCC with much love and respect and from your congregation. "Happy Trails".

On Sunday -May 28th,

We are having a

"Retirement Luncheon" for Pastor Don and Lorra,
to say Thank You for all he has done for us.



We will do this directly after Sunday Service and

would like you to come and greet Pastor and have some lunch and fellowship.

Let's all wish him and Lorra a good transition and retirement.

Bring your favorite covered dish, and/or a favorite dessert
Chicken and Ham, dinner rolls ,coffee, tea and punch will be provided.
There will be a special table for cards and gifts.



Memorial Day in the United States

Memorial Day is observed on the last Monday of May. It was formerly known as Decoration Day and commemorates all men and women who have died in military service for the United States. Many people visit cemeteries and memorials on Memorial Day and it is traditionally seen as the start of the summer season.

*Take time this year to celebrate the meaning of this holiday, to honor this day, with a visit to the cemetery, join a parade in honor of these fallen heroes, displaying a flag, or what ever you find is appropriate. **They died so that we may live in peace .***

Happy Mothers Day

Wonderful Mother

~Pat O'Reilly

God made a wonderful mother,
A mother kind yet bold,
He made her smile of the sunshine,
And He molded her heart of pure gold;

In her eyes He placed bright shining stars,
In her cheeks fair roses you see,
God made a wonderful mother,
And He gave that dear mother to me.



Sponsored by
MercyHealth

Woman's Heart Day is May 11

6:30am-2pm at Covelli Centre in Youngstown.

Admission, health screenings, speakers and all activities are FREE.

Registration is required for Mammograms 330-480-2654
Joanie Abdu Mobile Mammogram

Lab Screens- Hemoglobin A1C(Diabetes) and lipid profiles (Cholesterol)
Hands -only CPR training

Other health screenings and assessments range from bone density, blood pressure readings and stroke risk assessments to skin cancer risk assessments and vision screenings. There are also fitness demonstrations, educational presentations on a variety of womens health issues, cooking demonstrations, refreshments and gift raffle, and a blood drive.