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**Wellness: The key to healthy living**

The term "wellness" includes many aspects of our lives. The average life span has increased by more than 60 percent since 1900. This is due in part to the development of better medical care and our interest in all of the components that create a total healthy person.

The different types of wellness are physical, intellectual, spiritual, interpersonal, social, and environmental. Another important type that is dependent upon all the others is emotional wellness.

Our emotions are associated with every aspect of our lives such as how we interact with family, friends, and co-workers. Some qualities associated with emotional wellness are self-esteem, self-confidence, trust, and healthy relationships. Our emotional health gives us the tools that will enable us to choose effective ways to handle stress, maintain healthy habits, and preserve healthy relationships.

In order to have a healthy lifestyle, it is important that we continuously maintain and improve our emotional health. Developing good choices in our daily lives will only benefit us in the long run.

**Ten signs of wellness:**

1. The persistent pressure of a support network
2. Chronic positive expectations; the tendency to look at things in a positive light
3. Outbreaks of joyful, happy experiences
4. A sense of spiritual involvement
5. A tendency to adapt to changing conditions
6. Rapid recovery from stress
7. An increased appetite for physical activity
8. A tendency to identify and communicate feelings



9. Repeated episodes of gratitude and generosity
10. A persistent sense of humor

It is easy to see that good emotional health is a pivotal part of maintaining a quality, healthy lifestyle.

*Adapted from "Core Concepts in Health," by Paul M. Insel and Walton T. Roth*

**Do you know your neighbor?**

It is interesting to meet someone from a different culture. Some of these encounters may seem unusual. Here are some guidelines to help you better understand another person's culture. Read on to find out more about your neighbor.

- Clue:** To greet a friend, they join hands and bow down in front of the other person.
- Clue:** Spices and herbs are the main components of their cuisine.
- Clue:** Traditional marriage ceremonies and celebrations for most religions could last several days.
- Clue:** Among certain religious groups, the symbolization of marriage is shown by women either wearing a necklace made of black beads or a red dot (called *Sindoor*) placed on the forehead or along the parting of the hair.
- Clue:** Different states in this country have different official languages, some of which are not recognized by the national government.
- Clue:** A guest is a form of God and should be treated like a deity.
- Clue:** Leaving a small amount of food on your plate generally means you are satisfied; finishing all of your food means you are still hungry.
- Clue:** The official national game of this country is field hockey, but a more popular sport is *cricket*.
- Clue:** The peacock—a symbol of grace, joy, beauty, and love—is considered the national bird. It is protected not only by religious sentiments, but also by parliamentary statute.
- Clue:** This country has one of the largest numbers of film producers and productions in the world.
- Clue:** This country is considered the world's largest tea-drinking nation.

**The answer is on page 7.**

**Getting out of debt**

**Be careful choosing a credit counselor: Consumer Credit Counseling Service of Atlanta offers free credit counseling and debt management help.**

Layoffs and cutbacks in a weakening economy are leading many consumers to seek help from credit counselors. "Everyone knows someone who has been laid off or cut back at work," said Suzanne Boas, president of Consumer Credit Counseling Service (CCCS) of Atlanta. A United Way partner, the non-profit agency offers free budget counseling and has been helping financially stressed families throughout north Georgia since 1964.

The National Foundation for Credit Counseling (NFCC) has named CCCS Atlanta the nation's Outstanding Agency for the fourth straight year. All NFCC-member agencies are accredited and offer comprehensive counseling by certified counselors.

"Credit counseling can be a real salvation for overextended consumers—but it is important to choose a reputable, accredited agency, preferably one that does not charge large up-front fees," Boas stressed. She urges debt-weary consumers to take a deep breath and cast a critical eye when seeking help for financial problems.

**What to ask when choosing a credit counseling agency**

**How much will it cost?** Be wary of any agency requiring large fees to start or administer a debt management plan.

**Is it comprehensive?** A holistic approach empowers consumers, offering more than a debt management plan.

Through face-to-face, telephone, and online credit counseling, budget planning, and educational programs, CCCS encourages consumers to seek help with their finances before they become a problem. Two-thirds of consumers who contact CCCS receive counseling and education to handle their problems on their own or are referred to other agencies for help. After a thorough counseling session, only the remaining third elect to enter a debt management plan.

**Who is responsible?** A community-based board of directors representing local business, community, and civic interests, guides CCCS, keeping a focus on the financial health of consumers and the community. CCCS Atlanta's board is chaired by Dan Thompson of Bell-South Advertising & Publishing Corp. and includes consumer advocate Clark Howard and Barry Reid, former administrator of the Governor's Office of Consumer Affairs.

**Is it certified?** Certification means agency counselors must pass rigorous tests measuring experience and knowledge.

**Is it accredited?** Accreditation signifies the appropriate checks and balances to protect you. CCCS is ac-

... cont'd on page 7

## A cure for the holiday blues

The holidays are right around the corner, and everyone is looking forward to spending time with family, eating non-stop, and just letting loose. Nothing in the world can replace the holiday cheer that radiates from each and every person during the season; well, except for stress.

When the end of the year rolls around, the holidays are not the only thing to look forward to: there are also deadlines, increased traffic, and of course, packed shopping malls. There is so much to do and so little time when all you want to do is sit back and relax.

One way to relieve holiday stress is to transfer some of the negative energy into something positive. Charitable giving is a great way to lift your spirits out of those holiday blues, and you don't have to give billions of dollars to do it.

One of the best places to start is at work. Try having a corporate challenge where all the employees could pay \$5 to participate in a kickball tournament and all of the money would go to a charity of the group's choice. Family and

friends could come and everyone could bring a dish and have a picnic. This is a great way to bring the employees together with management, making them feel like a valued employee while giving to charity. It would also be beneficial to the business to get its name out into the community in a positive light and receive tax benefits.

Another thing to do is start a drive for back-to-school items, toys, or canned foods. Once enough items are collected, everyone in the company can take a day from work to deliver the items to underprivileged families. This would help you to see first-hand how much of an impact your charitable acts are having on these families, and the gratitude they extend will have an even greater impact on you.

Other ideas are to start a money pool, make cards for underprivileged kids, or sponsor a charitable event. Sometimes the greatest things come in the smallest packages; big or small, your gift can change people's lives.

Whatever you have to do during the holidays, charitable giving can alleviate the tense atmosphere and give you that warm and fuzzy feeling you have waited for all year long.

For additional information on what you can do for others, call Celia Moore at 770.822.8775 or send an e-mail to [celia.moore@gwinnettcountry.com](mailto:celia.moore@gwinnettcountry.com) or contact Gary Galloway at 770.822.8837 or [gary.galloway@gwinnettcountry.com](mailto:gary.galloway@gwinnettcountry.com).

## Meals outweigh gas prices

*"Despite the increase in fuel costs, seniors can rest assured that their meals will still be delivered to them on a regular basis. The staff of Gwinnett Senior Services is dedicated in making sure our homebound seniors receive their meals as needed,"* said Marilyn Sessions, Meals on Wheels coordinator.

Gwinnett County Senior Services delivers meals to approximately 400 clients in their homes. There are 125 routes which are divided among staff drivers and volunteers. Clients receive meals year round except for public holidays.

Gwinnett Senior Services Meals on Wheels (MOW) drivers not only deliver meals, they bring so much more to the plate. Often, the drivers are the only company the seniors receive all day. Lawrence Talley, full-time MOW driver explains, *"I am not only bringing meals to them, but I am also their friend. I spend a few moments to get to know them and see how they are doing."*

If you would like to deliver Meals on Wheels or volunteer for one of our other programs, please contact Gary Galloway, Volunteer Coordinator, at 770.822.8837 or e-mail at [gary.galloway@gwinnettcountry.com](mailto:gary.galloway@gwinnettcountry.com).

## Long-term care insurance

Long-term care is a topic of great concern for many seniors, so much so that it has prompted many people from the younger generation to think more seriously about their own long-term planning goals.

With the growing cost of healthcare, consumers want to take charge of their choices. However, there are multiple options that can be overwhelming, such as which provider to choose and what plan works best with your particular needs. The cost of long-term care varies and can be quite a large expense. Younger consumers will pay less than older adults, but this should not deter older adults from looking into and preparing for available long-term care options.

According to the Georgia Department of Human Resources Division of Aging Services and Georgia's Area Agencies on Aging:

- Medicaid pays for 47 percent of the nation's long-term care expenses
- Medicare covers 18 percent under limited, temporary circumstances
- Private insurance and other sources absorb 14 percent of costs
- Consumers pay a full 21 percent of long-term care payments

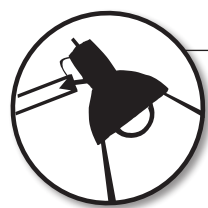
Today's economy is strained and long-term care insurance is an enormous consideration in preparing for your health needs. There are a number of ways to finance long-term care in addition to long-term care insurance: home equity options, life insurance, trusts, and retirement benefits. By planning ahead, long-term care can ultimately secure your future health, home, and financial stability.

How does that process begin? A good start is to list your concerns and questions on a piece of paper: What are your current needs? What is your financial situation today? What type of insurance coverage do you currently have? Will it cover your long-term care needs?

The right research and planning are key factors in establishing quality care for your long-term goals. Seeking the advice of reliable resources and attorneys ensures that you are making the best possible choices in managing your long-term care needs.

### Long-term care resources:

- GeorgiaCares Lifelong Planning Program ([www.planearlynow.org](http://www.planearlynow.org))
- Own Your Future Campaign ([www.longtermcare.gov](http://www.longtermcare.gov))



## Senior Services Spotlight

### Starting Over

No matter our country of origin, most of us share basic core values. When relocating, we face the same challenges of leaving family behind or the void of having a support network. It is up to us to embrace change, adapt, and create new beginnings.

Sat Sharma had to leave his family behind in India when he came to this country to further his education. It was a choice that he and his family decided was worth the sacrifice. *"America is the land of opportunity,"* Sharma said. After receiving a degree in management, he was able to retain a teaching position at the same institution that provided his education, Atlanta University. Having the assurance of being financially stable, he was able to be reunited with his family in America.

Kanta Kanaiya, another native of India, left her life behind in 1973 to help raise her niece's children. Through the years, Kanaiya remains active by helping to take care of the sick.



Kanaiya introduces intern Erin Burry to Indian attire

She is proud of her background and teaches other children about the Indian culture, religion, and language.

Now retired, both Sharma and Kanaiya regularly attend the Lawrenceville Senior Center, a place for active seniors. The center is their second home where they have been able to foster friendships and interact with other people their age. Many of the seniors are from different cultures and backgrounds and the center helps them to stay involved.

Sharma is constantly on the computer doing research and keeping up with the stock market. Kanaiya volunteers by teaching arts and crafts to other participants who attend the center. Both are true to their culture and have gone back to visit their native land since arriving, but they are glad they have had the opportunity to come to the United States and start a new life. When asked how different India is, Kanaiya says, *"I like them both the same, because God is the same all over."*

For more information on how to become a participant at any of our senior centers or receive services, please contact our Information and Referral Specialist Adrienne Noble at 678.377.4150.

**"Do small things with great love"**

— Mother Theresa

# eventcalendar

## art

### Scrapbooking • Saturdays

September 13, October 4, November 15, and December 13 from 10:00am to 4:30pm. The workshop's focus is photo preservation, photo organization, and traditional and digital scrapbooking. Our tools are available for your use. Cost: \$20 for the class, \$5 for lunch. For class information, call Suzanne Wyatt at 770.985.8189. For registration and payment information, contact the community center at 770.985.4713.

## career

### Toastmasters of Centerville • Thursdays

7:00pm. Be a better public speaker, deliver great presentations, lead teams effectively, give and receive constructive evaluations. For more information, call 770.985.4713.

## clubs

### Atlanta Scrabble Club • Second and Fourth Saturdays

10:00am – noon. Put your skills to the test while making new friends. Cost: \$1 per month for membership. For information, send an e-mail to doc2barbara@earthlink.net or call 770.557.1343.

### Bridge, Bunko, or Dominoes • Wednesdays and Fridays – FREE!

9:00am – 3:00pm. Senior adult groups are welcome to use the Centerville Community Center as a meeting place by calling 770.982.4647 for more information.

### Red Hat Society • Third Thursdays – FREE!

7:00pm. The Cayenne Peppers of Centerville are looking for red and pink hatters to join the society. For more information about the Red Hat Society, call Julie Belk at 770.860.8698 or 770.985.4713.

### Trout Unlimited's Kanooka Chapter • First Mondays – FREE!

7:00pm – 8:00pm. Chapter covers Gwinnett, DeKalb, Walton, and Newton counties and is a member of the national Trout Unlimited organization with more than 150,000 volunteers organized into 400 chapters devoted to conserving, protecting, and restoring Georgia's trout fisheries through youth education, stream improvement/watershed protection, and membership participation. For more information, contact Elizabeth or Kirk Farquharson, 770.736.8245 or KanookaTU@yahoo.com.

## dance

### Pre-Ballet (Ages 3 – 5) • Saturdays

August 16 – September 27 (off August 30 for Labor Day) from 8:30am – 9:30am or 9:30am – 10:30am; October 4 – November 8 from 8:30am – 9:30am or 9:30am – 10:30am; November 15 – December 20 (off November 29 for Thanksgiving) from 8:30am – 9:30am or from 9:30am – 10:30am; December 20: Recital at 7:00pm. Cost: \$45 for six weeks for August and October sessions, or for five weeks for November session, including recital the evening of December 20. Pre-registration and payment required by calling 770.985.4713. For additional class information, send an e-mail to Simone Saddler at leaps5678@gmail.com or call 678.357.1164.

### Ballet/Tap I (Ages 6 – 10) • Saturdays

August 16 – September 27 (off August 30 for Labor Day) from 10:40am – noon; October 4 – November 8 from 10:40am – noon; November 15 – December 20 (off November 29 for Thanksgiving) from 10:40am – noon.

December 20: Recital at 7:00pm. Cost: \$50 for six weeks for August and October sessions; or for five weeks for November session, including recital the evening of December 20. Pre-registration and payment required by calling 770.985.4713. For additional class information, e-mail Simone Saddler at leaps5678@gmail.com or call 678.357.1164.

### Hip-Hop for Pre-Teens • Saturdays

September 6 – 27; October 11 – November 1; November 8 – December 13 (no class on November 29 or December 6) from 11:00am to 12:15pm for ages 10 – 13. Cost: \$40 per four-week sessions including a recital on December 13 from 12:45pm to 1:30pm. For class information, contact dancentryx@bellsouth.net. Pre-registration and payment required by calling center at 770.985.4713.

### Jazz for Beginners (Ages 6 – 11) • Saturdays

August 16 through September 27 (off August 30 for Labor Day) from 12:10pm – 1:30pm; October 4 – November 8 from 12:10pm – 1:30pm; November 15 – December 20 (off November 29 for Thanksgiving) from 12:10pm – 1:30pm; December 20: Recital at 7:00pm. Cost: \$50 for six weeks for August and October sessions or for five weeks for November session, plus recital the evening of December 20. Pre-registration and payment required by calling 770.985.4713. For class information, e-mail Simone Saddler at leaps5678@gmail.com or call 678.357.1164.

## driving

### AARP Driving Safety Program • Tuesdays and Thursdays

September 16, 18; October 21, 23; November 18, 20; December 16, 18; from 9:30am – 1:30pm. Enjoy this eight-hour classroom refresher course especially designed for drivers ages 50 and over. Sponsored by AARP. Topics covered: Defensive driving techniques and how to adjust driving to age-related changes in vision, hearing, and reaction time. For possible insurance rate discount, contact your insurance provider. Cost: \$10 for two days. Pre-registration and payment required by calling 770.985.4713.

## education for youth

### ABC Reading Tutoring for Ages 7 – 9 (Grades 2 – 4) • Saturdays

September 9 – September 27; October 4 – October 25; November 1 – November 22 from 10:00am – 11:00am for grade 4; 11:00am – noon for grades 2 and 3. Jump start your child's progress and address his or her reading difficulties. ABC Tutoring uses Gwinnett's Academic Knowledge and Skills (AKS) curriculum to assist students with reading strategies, comprehension, vocabulary, grammar usage, and phonics. Maximum students is eight per class. Cost: \$8 per week for four-week sessions. For tutoring information, call 404.438.1067. For pre-registration and payment information, call 770.985.4713.

### Computer Classes for Middle School Students Ages 9 – 12 • Saturdays

September 6 – 27; October 4 – November 1 (no class October 25); November 8 – December 6 (no class November 29) from 9:00am – noon or 1:00pm – 3:00pm. Come learn about the world of Information Technology in this exciting and interactive approach to learning. Students will learn how computers function, common keyboard shortcuts, MS Office applications to prepare

reports, flyers, and brochures in Word, presentations in PowerPoint, chart graphs in Excel, and proper techniques for Internet research. Cost: \$25 non-refundable registration fee and \$20 a week for four weeks. Cost includes a t-shirt, practice CD, and materials. For class information, call 770.985.1718. For pre-registration and payment information, call the community center at 770.985.4713.

### Musical Theatre Workshop for Ages 9 – 13 or Grades 4 – 7 • Fridays

September 12 – November 21 (no class October 31 or November 28) from 6:00pm – 7:30pm. This unique 10-week Musical Theatre Workshop will allow students to learn a combination of styles and techniques for acting, singing, and movement for stage while incorporating value-based themes and inspirational music styles. Students will learn to creatively express themselves, discover their potential, gain confidence, and more. Workshop includes a final performance for family and friends. Cost: \$10 non-refundable registration fee and \$40 for 10 weeks, including the performance showcase. For class information, call Master Piece Performing Arts Company at 678.765.2865 or e-mail mppacinfo@charter.net. For pre-registration and payment information, call the community center at 770.985.4713.

### Student Poetry Competition – FREE!

August 1 – October 31. Calling all writers: take part in the Student Poetry Competition sponsored by the Centerville Writers. The competition is open to students grades K – 12 who may submit any style poem including, but not limited to, haiku, limerick, free verse, sonnet. Only one entry per student will be allowed. Prizes will be awarded in four categories: K – 2, 3 – 5, 6 – 8, and 9 – 12. Winners will be notified by phone or mail; awards will be presented on Tuesday, December 9 at 5:30pm at the community center. All participants must drop off their submissions in the center's box labeled "Student Poetry Competition" between August 1 and October 31. Be sure to include your name, address, phone number, and grade level on the top left-hand corner (entries without this information will be disqualified). For additional information, contact the community center at 770.985.4713.

## education for adults

### Centerville Writers' Group • First and Third Thursdays – FREE!

10:00am – noon. Critique format; all genres. No registration required. Call 770.985.4713 for more information.

### Grant Writing for Beginners: How to Start Your 501(c)3 Nonprofit Business • Thursdays

August 21 – September 11 from 6:30pm – 8:30pm. Learn about the 1023 Application, developing your board of directors, the grant season, fundraising strategies, financial projections, and more. Cost: \$50 for this intensive four-week course (materials included). For course information, contact sandrasolutions@yahoo.com. Pre-registration and payment required by calling 770.985.4713.

### Grant Writing, Intermediate Level: Life After Receiving the 501(c)3 Approval • Thursdays

September 25 – October 16 from 6:30pm – 8:30pm. Learn how to successfully navigate the process of establishing your nonprofit from the ground up by learning how to mobilize and train your board; securing financial commitments; developing strategies for the year; sharing the annual budget; establishing community resources, contacts, and collaborators; learning about legal agreements; and much more! Cost: \$50 for this four-week course (materials included). For course information, contact sandrasolutions@yahoo.com. Pre-registration and payment required by calling 770.985.4713.

**Rental Space Available  
770.985.4713**

# eventcalendar

## Photography Workshops • Thursdays – FREE!

Come learn from Gene Daniels, a retired professional photographer, who will surely improve your photography skills and technique. Classes are designed for everyone from beginners to expert. Bring pictures you have taken to every class. These should be 4"x6" to 8"x10" in size and need not be professionally printed. Classes will be from 7:00pm – 8:00pm. Pre-registration and commitment required to hold each workshop.

October 2 – Digital Photography is for Everyone  
October 9 – Photographic Techniques to Produce Beautiful Pictures  
October 16 – Special Tips for Vacation, Children, and Pet Photography  
December 4 – Digital Photography for Beginners  
December 11 – Photographic Techniques for Beautiful Pictures

## Snellville Writers' Group • First and Third Tuesdays – FREE!

7:00pm – 9:00pm. For those interested in writing novels. No registration required. Call 770.985.4713 for more information.

## The Changing Role of Grandparents • Mondays – FREE!

August 18 – October 20 (closed September 1) from 5:30pm – 7:30pm. Join this wonderful support group for grandparents raising grandchildren. Learn and share your experiences with others. Program facilitated by Charla Cebulski, Masters in Counseling and Rehabilitation. For additional information, contact Mrs. Cebulski at [cesmpip@bellsouth.net](mailto:cesmpip@bellsouth.net). To hold your spot in class, register by calling 770.985.4713. Hurry, there are only 20 slots available!

## Vegan Cooking Class and Laws for Healthy Living for Ages 20 and Over • Mondays

September 8 – November 3 (no class October 27) from 7:00pm – 10:00pm. Learn new scrumptious vegan recipes in this exciting interactive cooking class. The program is designed to teach individuals how to incorporate good eating habits and simple laws for good health. Cost: \$10 non-refundable registration fee plus class fee of \$35 for eight weeks. For class information, call 770.465.2666. Pre-registration with payment required by calling the community center at 770.985.4713.

## events

### American Red Cross Blood Drives

Tuesday, September 2 from 11:00am – 4:00pm; Monday, December 22 from 10:00am – 3:00pm. Did you know that every two seconds someone in America needs blood and just one pint can save three lives? The American Red Cross serves as the bridge between more than four million generous blood donors and millions of patients in need every year. So give blood and give the gift of life to someone. To schedule an appointment, call the American Red Cross at 1-800-GIVE-LIFE (1.800.448.3543) or visit [www.redcrossblood.org](http://www.redcrossblood.org). Bring a photo ID to the blood drives. Call the community center at 770.985.4713.

### Breakfast with Santa

December 6 from 9:00am – 11:00am. Come one, come all! The Centerville Community Center and the MOMS Club of Snellville invite you to have breakfast with Santa, Mrs. Claus, and the elves! Come have your picture taken with Santa, complete a craft, and eat breakfast while you're here. Cost: \$3 per person to benefit a local charitable organization. For information, call 770.985.4713 or visit [www.centervillecommunitycenter.com](http://www.centervillecommunitycenter.com).

### Life Line Screenings: 10 Minutes Could Save Your Life • Wednesday

October 1 from 9:00am – 4:00pm. A preventive health-care ultrasound screening will be held by Life Line Screening and will include scanning the carotid artery in the neck

for plaque buildup, checking the legs for peripheral arterial disease, testing for aneurysms in the aortic vessel in the abdomen, and bone density screenings for women and men for risk of osteoporosis. This is a preventative non-invasive program, is completely painless and takes about 10 minutes or less each. The results are sent directly to you. With early detection, these problems can be treated. Vascular tests are \$45 each or the package price of \$119; the osteoporosis screening is \$35; and the Complete Wellness Package including all four tests is offered at \$129. Blood work will be available for testing diabetes for \$50 and results are available that day. Screenings are recommended for ages 40 and up and pre-registration is a must. Please schedule early by calling 1.800.324.1851 for your appointment, or if you have any questions, contact Khristel McGill at 678.462.3702.

## Parents Speak Up • Thursday – FREE!

September 25 from 6:00pm – 8:00pm (food provided from 6:00pm – 6:30pm only). Calling all parents! You, your teens, and pre-teens are invited to an evening of free food, free information, tips, and open dialogue as part of the National Parents Speak Up Campaign. The event is designed to create awareness, influence parents' attitudes, change community and family norms, individual behaviors related to adolescent sexual abstinence, and risky behaviors. Event sponsored by Diamond in the Rough, Inc. and I Am B.E.A.U.T.I.F.U.L., Inc. mentoring programs for youth. A limited number of spots for free childcare will be provided, so don't delay. For more information, call 678.376.9676 or 404.545.9051. Parents hold the key to reversing the trend.

## The Taste of Centerville: A Community Celebration • Saturday – FREE!

October 18 from 11:00am – 6:00pm. Don't miss this special event celebrating our community and diversity! You will enjoy inflatables, a four-pony carousel, petting zoo, face painting, food tasting booths, live entertainment, and so much more! The event will be held on the spacious grounds of Church of the Redeemer Presbyterian. For directions or event information, please call 770.979.2467.

## exercise

### ¡CALIENTE! Latin Cardio • Mondays

August 18 – September 15 (closed September 1 for Labor Day) from 7:00pm – 8:00pm. You will love this cardio salsa class where you'll learn various Latin American dances, such as the salsa, cha-cha-chá, punta, merengue, bachata, samba, cumbia, mambo, rumba. No partners needed for this aerobic workout, only comfortable clothes. Cost: \$45 for four weeks. Limited slots available, so don't delay. Pre-registration and payment required. For more information, call 770.985.4713.

### Cardio Kickboxing for Adults • Tuesdays

September 2 – 23; September 30 – October 21; October 28 – November 25 (no class on November 11) from 8:00pm – 9:00pm. Lose weight, strengthen your body, tighten your abs, and learn to become assertive. Cost: \$40 for four weeks. For additional information, contact Wakesha Henley at 678.852.9944 or send an e-mail to [getfit10@bellsouth.net](mailto:getfit10@bellsouth.net). Pre-registration and payment is required by calling 770.985.4713.

### Mommy and Me Fitness • Wednesdays – FREE!

September 3, 17; October 1, 15; November 5, 19; December 3, 17 from 10:30am – 11:15am. Moms and toddlers (18 months – 3 years) bond while learning healthy habits. Movements are easy to follow while instructing children in basic movement changes. Pre-registration required by calling 770.985.4713.

### Walking Club for Ages 20 and Up • Tuesdays and Thursdays

Tuesday mornings: September 2 – 23; October 7 – 28; November 4 – December 2 (no class November 11) from 7:00am – 8:30am; Tuesday evenings: September 2 – 23;

October 7 – 28 from 6:00pm – 7:30pm; Thursday mornings: September 4 – 25; October 2 – 23; October 30 – November 20 from 7:00am – 8:30am; Thursday evenings: September 4 – 25; October 2 – 23 from 6:00pm – 7:30pm. Get out of bed or off the couch and kick it into gear with the Centerville Walking Club. This program is designed to motivate and teach individuals the importance of exercise, healthy eating, and living. Learn stretching techniques, the benefits of walking, and enjoy the end of each monthly session with a delicious and healthy vegan breakfast. Cost: \$5 for four weeks. Pre-registration and payment required by calling 770.985.4713.

### Yogilates for Adults • Tuesdays or Thursdays

Tuesdays: September 2 – 23; September 30 – October 21; October 28 – November 25 (no class November 11) from 7:00pm – 8:00pm. Thursdays: September 11 – October 2 from 7:00pm – 8:00pm; October 9 from 7:45pm – 8:45pm (no class September 25); October 16 – November 13 (no class October 31) from 8:00pm – 9:00pm; November 20 – December 18 (no class November 27) from 7:00pm – 8:00pm. Come and enjoy the integration of power yoga moves, deep breathing, and mat Pilates. Gain value from stretching, strengthening your abdominal area, as well as your upper and lower body. Cost: \$40 for four weeks. For information, contact Wakesha Henley at 678.852.9944 or [getfit10@bellsouth.net](mailto:getfit10@bellsouth.net). Pre-registration and payment required at 770.985.4713.

## finances

### Save on Taxes and Investments Wisely for Financial Security • Thursday – FREE!

December 11 from 2:00pm – 3:30pm. How you use your investment is just as important as what investment you choose. Learn principles, concepts, and strategies to protect your money. Also learn about the stock market and safer alternatives to the market. Call 770.985.4713 to register.

### Turbulent Times and How to Invest with Market Volatility • Thursday – FREE!

October 16 from 2:00pm – 3:00pm. Learn how events influence Wall Street, about risk tolerance, and what compounding, allocation, and diversification mean. Sponsored by Daniels and Associates and Seminars of the South. Pre-registration and commitment required. A minimum of five participants needed to hold each class. Call 770.985.4713 to pre-register.

### What Are Stocks, Bonds, Mutual Funds, Annuities, LTC, Trusts, Probate • Thursday – FREE!

December 11 from 10:00am – 11:30am. Learn how to use investments for financial security, strategies to protect your money and health, how investments are treated at death, the probate process, and more. Sponsored by Daniels and Associates and Seminars of the South. Pre-registration and commitment required. A minimum of five participants needed to hold each class. To pre-register, call 770.985.4713.

### Women and Finances • Thursdays – FREE!

October 16 from 10:00am – 11:30am and October 23 from 7:00pm – 8:30pm. Learn key financial strategies for the working woman and those already in retirement. Pre-registration and payment required at 770.985.4713.

## health and safety

### Babysitter's Training • Saturdays

September 20; October 18; November 15; December 13 from 9:00am – 2:00pm. Youth ages 12 – 15 receive basic training in child care safety, safe play, first aid, professionalism, and leadership skills. Cost: \$55 for materials and certification by the American Red Cross. For course in-

# eventcalendar and news

formation, contact kimlafourche@aol.com. Pre-registration and payment required by calling 770.985.4713.

**First Aid/CPR Certification • Saturdays**

September 6; October 4; November 1; December 6 from 9:00am – 1:00pm. Effectively recognize and treat adult emergencies in the critical first minutes until EMS arrives. The course also includes AED training. Cost: \$55 for materials and certification by the American Heart Association. Contact kimlafourche@aol.com. Pre-registration and payment required by calling 770.985.4713.

**Overeaters Anonymous • Thursdays – FREE!**

Meets every Thursday from 7:00pm – 8:00pm at the community center. For additional information, go to [www.aa.org/index.htm](http://www.aa.org/index.htm) or call the Centerville Community Center at 770.985.4713.

**Project Safe Place**

The Centerville Community Center is a registered Safe Place location for children and teens who feel they are being threatened by a stranger, latchkey kids who have lost their keys, runaway teens or those who have been kicked out of homes, youth with friends who are drinking and driving, or children from neglectful or abusive homes. Visit [www.gwinnettchildrenshelter.org](http://www.gwinnettchildrenshelter.org) or call 770.985.4713.

## mentoring

**CHOICES: Young Men's Mentoring Program • Mondays or Wednesdays**

Mondays for ages 11 – 13; Wednesdays for ages 14 – 18. CHOICES (Choosing Helpful Options in Challenging Everyday Situations) runs from September 8 – December 8 from 6:00pm – 7:30pm. Youth will learn about teamwork, finances, career development, good citizenship, social skills, personal strengths and weaknesses, making good decisions, values, and more. Come join this 14-week program sponsored by Child and Adolescent Resource Education Services (CARES), LLC. Cost: \$15 non-refundable registration fee with \$30 per four-week sessions. Participants completing the 14-week program will receive the last two weeks of tuition free. Preregistration and payment required to hold spot. Call Monica Davis at 404.578.7629 or go to [monicadavis@comcast.net](mailto:monicadavis@comcast.net) for program information. For pre-registration and payment information, call 770.985.4713.

**Diamond in the Rough's Mentoring Program • Thursdays**

Beginning September 11 from 6:00pm to 7:30pm. This is a group mentoring and leadership program for middle school girls ages 12 – 15. Program is designed to prepare, inspire, nurture, and provide knowledge. Visit [www.ditr.org](http://www.ditr.org) or call 678.376.9676 for information and registration process.

## music

**Milk and Cookies Concert – FREE!**

September 9; October 14; November 18; December 9 from 11:30am – 12:15pm. Interactive rhythm exploration with a snack to celebrate after all the fun. Activity is for kids ages 1 – 5. No registration required. Call 770.985.4713.

## voting

**Advance Voting**

In-person advanced voting for the general election will be held at the community center as a satellite office, but will not be open for runoff elections. Advanced voting will be held October 27 – October 31 from 9:00am – 7:00pm. For voter registration information or application, contact Gwinnett County Board of Registration and Elections, call 678.226.7210; [www.gwinnettcountry.com](http://www.gwinnettcountry.com).

## Music exploration

There are many ways we can make music. Here is an easy way to make a harmonica that has entertained children for generations. Take a large comb and cover it with wax paper, then blow and hum at the same time with the mouth slightly open. Try a duet or a trio. It's a challenge, but definitely fun.

To experience music exploration with your pre-schooler, join the Milk and Cookies Concert on September 9, October 14, November 18, and December 9 from 11:30am – 12:15pm. The activity is for children ages 1 – 5. There will be a snack to celebrate after all the fun. No registration required; you may call 770.985.4713 for more information.

## Live simpler and smarter: self-quiz

1. How much more do I think I will be spending monthly this winter on gas, heating bills, and food than last winter?  
a. \$25 b. \$50 c. \$100 d. Other \_\_\_\_\_

2. If you were to make lifestyle changes or adaptations, list what you could live without:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

3. How much could you save monthly by making these personal changes?

- a. \$25 b. \$50 c. \$100 d. Other \_\_\_\_\_

4. What repairs or changes could you make to conserve energy in your home?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

5. How much could you save monthly by making these in-home changes?

- a. \$25 b. \$50 c. \$100 d. Other \_\_\_\_\_

6. How could you change some family-related issues and tasks?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

7. How much could you save monthly by making these family changes?

- a. \$25 b. \$50 c. \$100 d. Other \_\_\_\_\_

8. If you added up the monthly savings from questions No. 3 + 5 + 7 and subtracted the amount from question No. 1, you should realize a savings!

Amount: \_\_\_\_\_

9. Can you afford to live simpler and smarter?

Yes \_\_\_\_\_ No \_\_\_\_\_

*“We make a living by what we get, but we make a life by what we give.”*

— Winston Churchill

## calendar

**Energy Assistance**

The Partnership for Community Action, Inc. is accepting applications for energy assistance. Assistance is available on a first come, first serve basis. No appointments are made. Please call the Partnership for Community Action, Inc. at 770.564.1702 for dates and times when applications will be accepted at the Buford Human Services Center.

**Gamblers Anonymous**

Gamblers Anonymous is held every Wednesday from 6:30pm – 8:30pm. The program is free for adults. Call the Buford Human Services Center at 770.614.2526 for more information.

**Project Safe Place**

The Buford Human Services Center is a registered Safe Place location for children and teens who feel they are being threatened by a stranger, being picked on by bigger and older kids, and for latchkey kids who have lost their keys. Safe Place is also for runaway teens or those that have been kicked out of homes, youth with friends who are drinking and driving, teens experiencing a family crisis/breakdown in communication, or for children from neglectful or abusive homes. This service is provided by the Gwinnett Children's Shelter. For more information, visit [www.gwinnettchildrenshelter.org](http://www.gwinnettchildrenshelter.org) or call 770.614.2400.

**Yoga**

Wednesdays from 4:30pm to 6:00pm at the Buford Human Services Center. This class includes stretching, flexibility, and strength training. Please call 210.615.8164 to reserve your space in the class. Cost for each class is \$5.

## Shingles vaccine recommended for everyone over 60

The CDC has recommended that everyone over 60 be vaccinated against shingles. The sweeping nature of this recommendation is due to widespread exposure to the chicken pox virus, which causes shingles. Even if you don't remember having had it, everyone age 60 and over has been exposed at some point to the chickenpox virus.

Shingles, also known as *herpes zoster*, causes skin eruptions in a girdle-like pattern that roughly follows a major nerve pathway, often on the trunk of the body, although it can also spread to the face and even the eyes, causing blindness. The initial redness and irritation often develops into blisters that are so painful as to be debilitating. It can cause months and sometimes years of pain. The vaccine, Zostavax, was approved by the FDA in May 2006.

The vaccine is a major public health advance for the 60-plus age group. Almost half of all people who reach 85 will have experienced shingles at some point in their lives. There are one million cases of shingles that occur in the United States each year.

Vaccinations for shingles are available at all of Gwinnett County's Public Health Clinics: Buford, Lawrenceville, and Norcross. For addresses and contact information, go to [www.gwinnetthealth.com](http://www.gwinnetthealth.com) or call 770.339.4260 for more information.

# eventcalendar and news

## computer classes

### Computer Instruction in English • Mondays and Wednesdays

11:30am – 1:30pm or 2:30pm – 4:30pm or 6:30pm – 8:30pm. During the six-week course you will learn all the components of your computer, how to navigate your desktop, e-mailing, instant messaging, and creating documents, spreadsheets, and presentations. Cost: \$60 includes course materials. Space is limited. Call the Norcross Human Services Center at 770.638.5661 to register and reserve your seat now.

### Computer Instruction in English • Tuesdays – FREE!

9:00am – 11:00am. Come learn in this mixed-level setting. Classes are ongoing and open to our Senior Center participants. Space is limited; call to reserve your space at 770.638.5661.

### Computer Instruction in Korean • Thursdays and Fridays

10:00am – noon. This program is provided by the Asian American Resource Center (AARC), 770.270.0663; the cost is \$100 for three months. Call the Norcross Human Services Center to register, 770.638.5661.

### Computer Instruction in Spanish • Tuesdays and Thursdays or Saturdays

6:30pm – 8:30pm or Saturdays at 8:30am – 12:45pm. During this six-week course you will learn all the components of your computer, how to navigate your desktop, e-mailing, instant messaging, and creating documents, spread sheets, and presentations. Cost: \$60. Space is limited; call the Norcross Human Services Center at 770.638.5661 to register and reserve your seat now.

### Clases de Computación con Instrucción en Español • Martes y Jueves o Sábados

6:30pm – 8:30pm o sábados 8:30am – 12:45pm. Durante el curso de seis semanas usted aprenderá como esta compuesta su computadora, como navegar el desktop, mandar mensajes por correo electrónico, por mensaje instantáneo, crear documentos, y presentaciones. El costo es de \$60 que incluyen los materiales del curso. El espacio es limitado. Llame al Centro de Recursos Humanos de Norcross al 770.638.5661.

## dance

### Salsa, Merengue, and Bachata • Thursdays – FREE!

7:00pm – 8:30pm. This is an ongoing class. Learn the basic steps and advance to become a great dancer. The group will enjoy cool tropical fruit drinks. For more information and to register, call 770.638.5661.

## education

### Math Tutoring • Saturdays and Thursdays

Saturdays 9:00am – 10:00am, 10:00am – 11:00am, or 11:00am – noon. Thursdays 4:00pm – 5:00pm, 5:00pm – 6:00pm, or 7:00pm – 8:00pm. \$25 per hour session or \$40 for two sessions. Academic assistance with math is being offered to elementary, middle, and high school students. Basic math and algebra skills can be mastered. Each student will be guided through a study plan and will be provided support that will enable each student to improve his or her academic standing in a small group setting. Classes taught by a certified teacher. Space is limited. Provided by One 2 One Educational Support, Inc., call 678.230.4027. Call the Norcross Human Services Center to register, 770.638.5661.

### Reading Tutoring • Saturdays

The cost is \$125 per session. Academic assistance with reading is being offered to elementary, middle, and high school students. Computer-assisted program which students will be able to use at home. Reading strategies will strengthen comprehension and language skills. Each student will be guided through a study plan. Support will be provided to enable each student to improve his or her academic standing in a small group setting. Classes taught by a certified teacher. Space is limited. Provided by One 2 One Educational Support, Inc., 678.230.4027. Call the Norcross Human Services Center to register, 770.638.5661.

## events

### Hispanic Heritage Exhibit September 26 to October 31, 2008 – FREE!

8:00am – 5:00pm. Exhibition showcase at the Gwinnett Justice and Administration Center in Lawrenceville is a self-guided tour of Latin American countries with the latest geographical, economical, political, currency, and population information. Also enjoy "islands" that display Latin America's pottery, exotic fruits, vegetables, clothing, wildlife, and Latin Americans who have made a positive impact on our society. Exhibit will be open all day Monday through Saturday and is brought to you by the Gwinnett Multicultural Advisory Committee. For information, please contact Ingrid Hervey at the Norcross Human Services Center, 770.638.5668.

### Hispanic Heritage Celebration 2008 • Saturday, September 27 – FREE!

11:00am – 3:00pm. Come and enjoy folkloric dances, music, and food sampling. Event will take place at 630 Collins Hill Road in Lawrenceville. Join us in the Wal-Mart parking lot. Event is brought to you by Quality Care for Children and Wal-Mart with support from the Gwinnett Multicultural Advisory Committee. Contact Sharon Maloney at 770.294.6362 or Ingrid Hervey at the Norcross Human Services Center, 770.638.5668 for information.

## health and nutrition

### General Health and Nutrition – FREE!

Second and fourth Friday of every month. All ages are welcome. Learn how to eat right, use the food pyramid, plan meals, and find out about community resources. Information provided in both English and Spanish. Sponsored by The University of Georgia Extension Service. For information, call 678.377.4010. Call the Norcross Human Services Center to register, 770.638.5661.

### Walk-A-Weigh Program • Wednesdays

Noon – 12:45pm; first meeting will be on September 10. This is an eight-week personalized program where weight and measurement will be taken each week and information about eating right will be given. Walks last about 30 minutes and will be followed by 15 minutes of nutritional information. Cost: \$5. A graduation is scheduled for November 5. Program is provided by The University of Georgia Gwinnett Extension Service. For more information about the program, call 678.377.4010. Call the Norcross Human Services Center to register, 770.638.5661. Registration deadline is August 27, 2008.

## language

### English Literacy/Civics (English Class) Level One • Tuesdays and Thursdays

6:30pm – 8:30pm. This program is for adults who want to learn English. There is a one-time \$20 registration fee. The program is provided by the Asian American Resource Center (AARC), 770.270.0663. Call the Norcross Human Services Center to register, 770.638.5661.

### English Literacy/Civics (English Class) Two • Tuesdays and Thursdays

6:30pm – 8:30pm. This program is for adults who want to learn English. There is a one-time \$20 registration fee. The program is provided by the Asian American Resource Center (AARC), 770.270.0663. Call the Norcross Human Services Center to register, 770.638.5661.

### English Literacy/Civics (English Class) Level Three and Five • Tuesdays and Thursdays

6:30pm – 8:30pm. This program is for adults who want to advance their knowledge of the English language. There is a one-time \$20 registration fee. Provided by the Asian American Resource Center (AARC), 770.270.0663. Call the Norcross Human Services Center to register, 770.638.5661.

### English Literacy/Civics (English Class) Level Four • Wednesdays and Fridays

7:00pm – 9:00pm. This program is for adults who want to advance their knowledge of the English language. There is a one-time \$20 registration fee; Provided by the Asian American Resource Center (AARC), 770.270.0663. Call the Norcross Human Services Center to register, 770.638.5661.

### English Literacy/Civics (English Class) Level Five • Mondays and Wednesdays

6:30pm – 8:30pm. This program is for adults who want to advance their knowledge of the English language. There is a one-time \$20 registration fee; Provided by the Asian American Resource Center (AARC), 770.270.0663. Call the Norcross Human Services Center at 770.638.5661.

### English Literacy/Civics (English Class) Level Six • Wednesdays and Fridays

5:00pm – 7:00pm. This program is for adults who want to learn English. There is a one-time \$20 registration fee; The program is provided by the Asian American Resource Center (AARC), 770.270.0663. Call the Norcross Human Services Center to register, 770.638.5661.

### English Reading and Writing • Wednesdays – FREE!

9:00am – 11:00am. This is an ongoing program for adults. Classes are taught in an informal setting and mixed levels. Space is limited. Call the Norcross Human Services Center to register, 770.638.5661.

### Inglés Escritura y Lectura • Miércoles – GRATIS!

9:00am – 11:00am. Programa para adultos en un formato informal y con niveles mixtos. Espacio limitado. Llame al Centro de Recursos Humanos de Norcross para registrarse, 770.638.5661.

### Spanish • Mondays and Wednesdays or Saturdays

6:30pm – 8:30pm on Mondays and Wednesdays or 8:30am – 12:45pm on Saturdays. The cost is \$60 for five weeks. A minimum of five students per class is needed to have a class. No registration fee. Call the Norcross Human Services Center to register, 770.638.5661.

## multicultural

### Citizenship • Fridays

7:30pm – 8:30pm. This program is for adults who want to become US citizens. Call 770.638.5661 to register. The program is provided by the Asian American Resource Center (AARC). For more information about the AARC, call 770.270.0663.

### Girl Scouts • Saturdays

10:30am – 12:30pm. Troop meetings are held on the first and third Saturday of every month. To join a troop or for more information, call 404.527.7500.

### Reunión de Girl Scouts • Sábados

10:30am – 12:30pm. Reunión de topas, el primer y ter-

## Computer learning: building opportunities

Practically everyone today uses a computer to do every task imaginable. Whether it is to do research, apply for a job, communicate with friends and family, play games, or watch videos, computers have become a necessity in our everyday lives.

Many jobs now require that you submit an online application even though the position may not require the use of a computer. When you use the services of a hiring company, more than likely they will want you to send your résumé by e-mail in order to send it electronically to prospective companies.

If you don't have an e-mail address, don't worry; there are several websites you can access to receive or send e-mail for free. It is a good idea to always have a personal e-mail address, even if you have one at work. You will always have the convenience of accessing your personal e-mail. Most people use e-mail because it is a faster way to communicate and receive documents.

You may not have the budget to purchase a personal computer (PC), but there are several locations where you may be able to use one, such as a local library, friend's house, or kiosk. Should you be on the lookout for a personal computer, make sure that standard software is included in your purchase. Keep in mind that many PCs can easily be upgraded to meet your needs. No matter how user-friendly computers tend to be, if you have never used one or owned one, chances are you will need someone to teach you basic computer skills.

Both the Centerville Community Center and Norcross Human Services Center offer computer classes that are taught for different levels. Young children can enroll at Centerville Community Center while adults may take classes at Norcross. The adult classes are taught in English, Spanish, and Korean. For a complete list of dates, times, and fees, refer to the calendar for each corresponding center.

## NHSC ... cont'd from page 6

cer sábado de cada mes. Para registrarse a las Girl Scouts o para más información, por favor llame al 404.527.7500.

**Parents' Night Out • 2<sup>nd</sup> Friday of Every Month**  
6:30pm – 10:30pm. Planned activities include arts, crafts, and/or movies. Snacks and drinks included. Register in advance. The cost is \$5 per child from ages 5 – 12. Sponsored by the Norcross Human Services Center. To register or for more information, please call 770.638.5661.

**Noche Libre Para Padres**  
6:30pm – 10:30pm. Actividades organizadas que incluyen manualidades, arte, y película. Merienda y bebida incluida. Regístrese en avanzado para reservar su cupo – \$5 por niño de 5 a 12 años. Auspiciado por El Centro de Recursos Humano de Norcross. Para inscribirse o más información, por favor llame al 770.638.5661.

## support groups

**Bus Driver Recruiting Information • Mondays – Fridays – FREE!**  
9:00am – 4:00pm. Free information on how to become a Gwinnett County school bus driver.

**Gamblers Anonymous • Mondays – FREE!**  
6:30pm – 8:30pm. Gamblers Anonymous is free for adults. Call 678.234.5648 for additional information.

**Prenatal Classes • Mondays – FREE!**  
9:00am – 11:00am. Learn the proper nutrition during your pregnancy; how to care for your baby; and other valuable information. Classes taught in Spanish by Saint Joseph Mercy Care. To register or for more information, call the Norcross Human Services Center at 770.638.5661.

**Clases Prenatales • Lunes – GRATIS!**  
9:00am – 11:00am. Aprenda la nutrición correcta durante su embarazo, como cuidar de su bebe, y mas información importante. Clase en Español enseñadas por Saint Joseph Mercy Care. Para inscripción o más información, llame al Centro de Recursos Humanos de Norcross al 770.638.5661.

**Parenting Classes • Tuesdays – FREE!**  
6:30pm – 8:30pm. Classes taught in Spanish. Series of eight sessions teaching the STEP method of parenting. For more information and to register, please contact the Gwinnett Children's Shelter at 678.546.8770.

**Clases de Crianza • Martes – GRATIS!**  
6:30pm – 8:30pm. Información en español. Series de ocho secciones las cuales enseñan con el método STEP

(Paso), los métodos de crianza. Para más información, comuníquese con el Children's Shelter al 678.546.8770

## workshops

**Consumer Credit Counseling Service • Sábados – FREE!**

Taller Gratis de Accesoría de Crédito y Administración de Deudas, talleres mensuales, llame para más información y para reservar su cupo. Llame al Centro de Recursos Humanos de Norcross al 770.638.5661.

## All Gwinnett County tag offices will operate on a four-day workweek starting August 23

**North Gwinnett**  
2735 Mall of Georgia Boulevard, Buford, GA 30519  
Wednesday – Saturday 8:00 am – 6:00pm

**Lawrenceville**  
(includes dealer and fleet title application counter)  
750 South Perry Street, Lawrenceville, GA 30045

**Norcross**  
5030 Georgia Belle Court, Norcross, GA 30093  
Monday – Thursday 8:00am – 6:00pm

**Peachtree Corners**  
5270 Peachtree Parkway, Norcross, GA 30092

**Snellville**  
2845 Lenora Church Road, Snellville, GA 30078  
Tuesday – Friday 8:00am – 6:00pm

## Debt ... cont'd from page 1

credited by the Council on Accreditation of Services for Families and Children, Inc.

Consumer Credit Counseling Service offers a dynamic community education program, featuring seminars on budgeting and money management as well as homebuyer workshops and housing counseling.

A United Way partner and member of the Better Business Bureau, CCCS Atlanta is funded by creditor and client contributions and grants from foundations, businesses, and government agencies. Contact CCCS at 1.800.251.CCCS (2227) or www.ccsinc.org for more information.

## Walk-A-Weigh Program helps to maintain weight

Many of us become involved in a weight loss or exercise program and eventually give up because of the cost or lack of convenience, and ultimately regain the weight we worked so hard to lose. Walk-A-Weigh enables you to maintain your weight by exercising in a group at your convenience and better yet, at a minimal cost. Being part of an exercise group encourages each member to continue to reach one's goal.

According to Connie Crawley, nutrition specialist with the UGA College of Family and Consumer Sciences, "Research has consistently shown that long-term weight maintenance is nearly impossible without exercise. Also, people who exercise are less likely to develop chronic diseases such as diabetes, heart disease, and high blood pressure and those with chronic diseases find they're better able to control their diseases if they exercise regularly."

The Walk-A-Weigh Program offered at NHSC is different than some other weight control programs since most of the class times are devoted to exercising. The classes meet for a period of eight to 12 weeks. Those who wish to participate must have their physician fill out the permission form before they can exercise. It is also mandatory for you to sign the liability waiver in the remote case of an injury. Although the majority of each session will focus on exercise, there also will be brief presentations on topics such as vitamin and



Parents from Alford Elementary participate in the Walk-A-Weigh program.

mineral supplements, maintaining weight loss, substituting herbs and spices for salt, understanding nutrition labels, reducing fat in recipes, and the importance of calcium in the diet. Some sessions will end with a tasting session, usually featuring treats related to each week's topic.

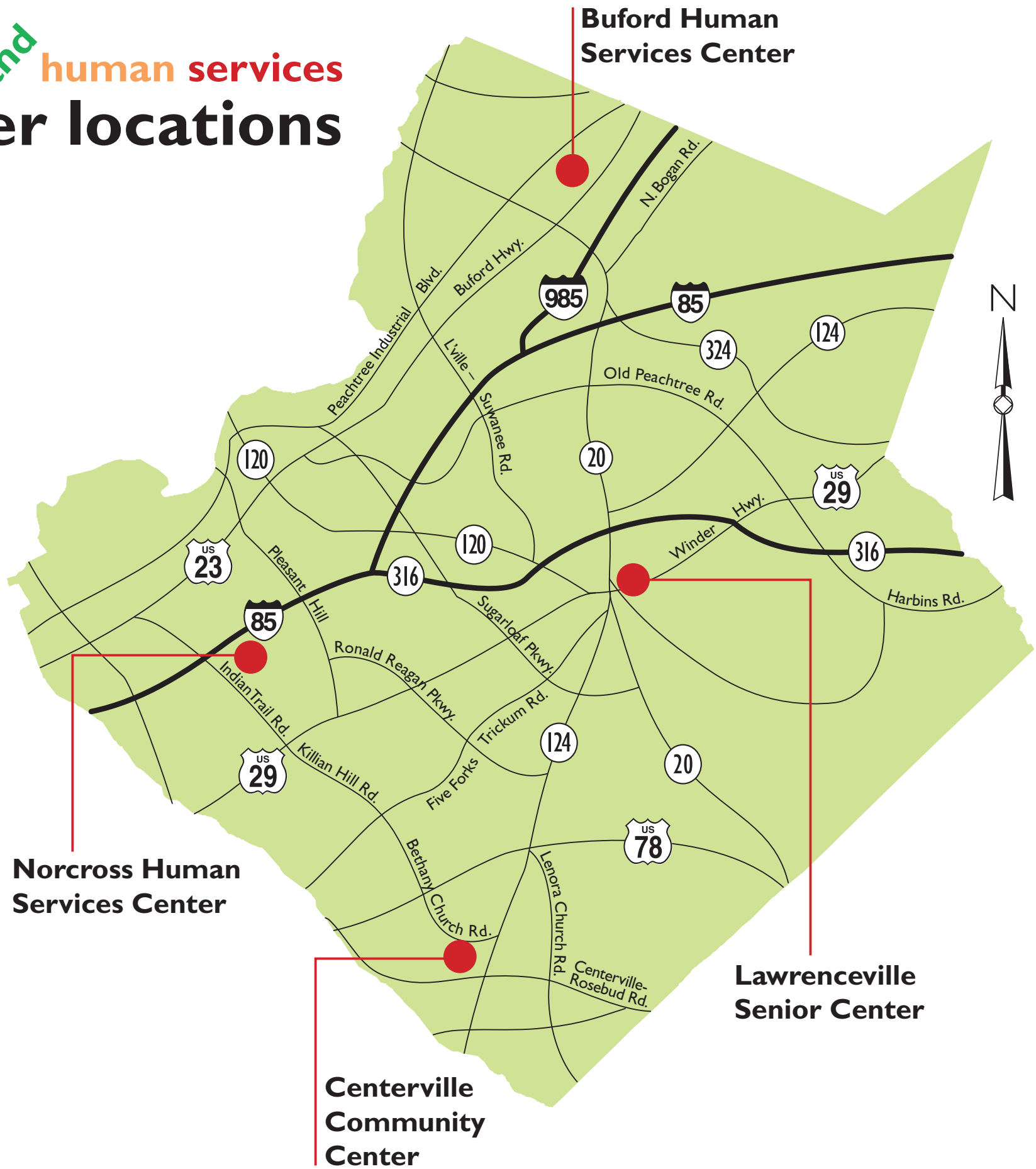
The class is currently being offered at Norcross Human Services Center on Wednesdays. Please check calendar for details. You may also form a group of your own, as long as there is an available place to walk. This is a great program to implement this fall when the weather is cool. For more information, please contact Ines Beltran, Gwinnett Extension Service at 678.377.4010 or e-mail her at Ines.Beltran@gwinnettcountry.com or inesb@uga.edu.

## Do you know your neighbor?

...continued from page 1

Answer: India

# health and human services center locations



### Centerville Community Center

3025 Bethany Church Road  
 Snellville, GA 30039  
 770.985.4713  
[www.centervillecommunitycenter.com](http://www.centervillecommunitycenter.com)

**Activities housed in the center include:**

- Tutoring/academic prep courses
- Art/dance/drama/exercise classes
- Teen forums, mentoring programs, and summer camps
- Educational and enrichment opportunities for youth and adults
- Public and social events for the entire family
- Available rental space for special occasions and events

### Norcross Human Services Center

5030 Georgia Belle Court  
 Norcross, GA 30093  
 770.638.5660  
[www.gwinnettnhsc.com](http://www.gwinnettnhsc.com)

**Agencies housed in the center include:**

- Norcross Public Health Clinic
- Norcross Senior Center
- Four Corners Primary Care Center
- Gwinnett/Rockdale/Newton Community Service Board (Mental Health)
- Head Start/Pre-K, Ninth District Opportunity
- Gwinnett County Department of Motor Vehicles (Tag Office)
- A one-stop integrated health and human services center

### Buford Human Services Center

2755 Sawnee Avenue  
 Buford, GA 30518  
 770.614.2400  
[www.gwinnettbhsc.com](http://www.gwinnettbhsc.com)

**Agencies housed in the center include:**

- Buford Public Health Clinic
- Buford Senior Center
- Department of Family and Children Services (DFCS)
- Partners with other governmental and non-profit agencies to bring programs that benefit the community as well as clients of the service agencies
- A one-stop integrated health and human services center