



and surrounding unincorporated communities

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felix@thepulsenewsletter.com

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WORDS OF ENCOURAGEMENT

Words from Paul: "Though I am the least deserving of all God's people, He graciously gave me the privilege of telling the Gentiles about the endless treasures available to them in Christ."

Ephesians 3:8 NLT

SPOTLIGHT ON A POSITIVE STORY

CTX FITNESS and The Pulse Newsletter are coordinating a healthy body program with three young people under 15 years of age.

Three young people who are highly motivated to get started on a path to a healthy body and healthy lifestyle. Their parents may apply by email or phone. Body fat and inches lost will determine the winners. Parents must consent and accompany their child. Parents may use the gym free while their child is participating at the gym.

The child's fee is \$20.00 twice a week for three months starting October 5, 2015 and ending January 5, 2016. Get fit for 2016!

The 1st Place prize will be \$100.00; 2nd Place is \$50.00; and 3rd place is \$25.00.



(407) 898-3777 support@orlando.org



BECOME A SPONSOR

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Welcome to CTX FITNESS!



6250 Edgewater Drive #1100
Orlando, FL 32810
407-304-6063

"Visualize this thing you want. See it, feel it, believe in it, make your mental blueprint and begin."

CTX Fitness is more than just your favorite Orlando gym; for most of our members, it is a second home. It is a victory ground, the place for you to shatter your limitations and achieve your best! Call now or come by today to get started! A year from now you could be in the best shape of your life!

Marc Connor ~ 470-230-8280



MARC CONNOR
ONLINE PRESENCE CONSULTANT
CONTACT@CONNORMARC.COM

twitter.com/ConnorMarc
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470-230-8280



Greetings To All!

The 2nd Annual Eatonville run events are approaching fast and we need **VOLUNTEERS**.

WEDNESDAY OCTOBER 28, 2015 is the Kids Run around the Town. Please be at the Eatonville Boys & Girls Club at 4:00 p.m., 400 E. Ruffle St. Eatonville, FL. **SATURDAY OCTOBER 31, 2015** is the 2nd Annual Eatonville 5k Run/Walk and Family Flow Festival. Historic Town of Eatonville; 100 E. Kennedy Blvd. Eatonville, FL. 32751. Please be at the Hungerford field next to the Library at 6:30 a.m.

VOLUNTEER FOR: Setup, breakdown, cleanup, games, registration, t-shirts, race packets, water stations, street monitors, food & beverage, bounce house, popcorn & snow cone booths.

To **VOLUNTEER**, or be a **VENDOR** please contact me by email at: lisa_a@positiveflowfoundation.com. Call, or text me at **352.217.1279**. To **REGISTER** for the RUN/WALK visit www.eatonville5krun.com.

BIG SHOUT-OUT TO YOU if you have already signed up to volunteer, or if you have registered to run/walk or if you already registered as a vendor. The Positive Flow Crew appreciates you! Thank you & Be well. . .

LisaMarie Abdallah-Nosakhere, Fundraising Director
Positive Flow Foundation

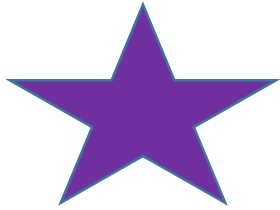
www.postiveflowfoundation.org
www.facebook.com/PosFos

A Vision for Eatonville Community Meeting

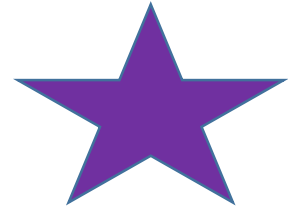
**Your voice counts!
Help Make History.**

Join fellow residents in a series of discussions about your vision for the Town of Eatonville. These workshops are designed for residents, like you, to voice your opinion about ways to make Eatonville EXTRAORDINARY. Your town needs your input, so spread the word. The first meeting of the series is on September 17th.

Together we can make the future even greater than the past!



*All meetings take place at:
Denton Johnson Center
400 Ruffel Street, Eatonville, FL 32751
(407) 975-7422



Join in with your Neighbors for the last in the series of 4 Interactive Workshops:

- **October 10, 2015 (9:00 a.m. – 12:00 p.m.) Location to be determined**



The Pulse Newsletter is a 1,000 copies, free paper, distributed at 20 locations in Eatonville, Rosemont, and Pine Hills, twice monthly.

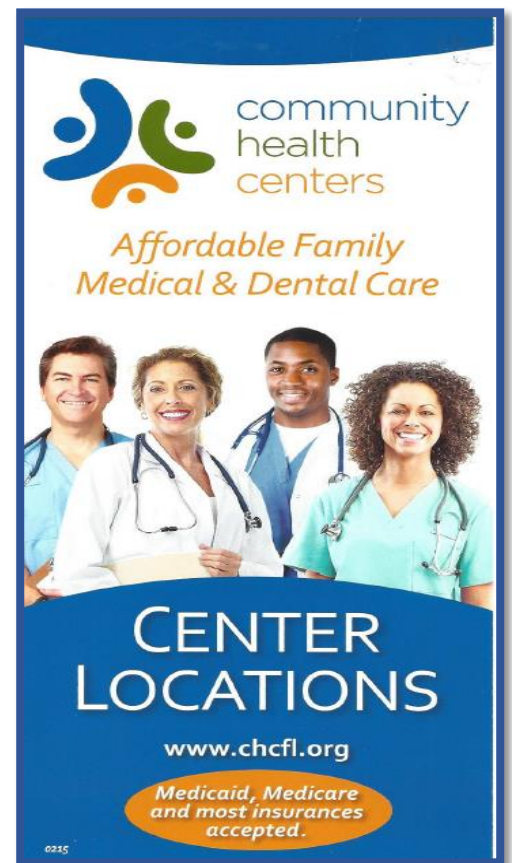
60% of the space is reserved for Churches and other Non-Profit Organizations, for free. We promote the positive things they do in our Community.

40% of the space is for Advertisers who we promote one business type, per Newsletter, for less than one cent a day and worldwide exposure on the Web.

Become A PULSE Newsletter Distributor In Your Community!

Contact Felix@thepulsenewsletter.com

- 1,000 copies printed bi-weekly.
- You do the canvassing/distribution of the Newsletter.
- You need 30 drop-off locations, (recommended).
- Free, Community Information from Non-Profit Organizations
- Web presence available with distributorship
- \$2,000.00 monthly income possible



Providing exceptional and affordable health care to Central Florida families.

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407-905-8827 or
1-877-552-4235**



Healthy Eatonville Place

DO YOU KNOW YOUR RISK FOR DIABETES OR HEART DISEASE?

Healthy Eatonville Place (HEP) is searching for adult Eatonville residents willing to participate in a research study that was created to find out why Eatonville adults have a higher rate of diabetes, and then assess what helps to reduce those risks. This study is for adults both with and without diabetes. Nearly one in four adults living in the Town of Eatonville has diabetes, twice as high as the national average for African Americans, according to a random sample survey conducted by UCF. No cost to you. You will receive a \$20.00 Gift Card after completing visit number three. Call 407-622-2525. 100 East Kennedy Boulevard, Eatonville, College Street entrance.

AMVETS POST 18 in Eatonville, Florida is being REVIVED!

Every Thursday from 6:30 p.m. until 9:00 p.m.
we have BINGO with cash winners in the
Hungerford Cafeteria, 100 E. Kennedy Blvd.

Contact: Felix Lake, Sr., Commander
407-920-3371



**Check out the
Historical Town of Eatonville!
Positive things are happening
here!**

