



and surrounding unincorporated communities

To advertise in this paper call: Felix Lake, Sr.

407.920.3371

felix@thepulsenewsletter.com

or Visit the Website at: www.thepulsenewsletter.com

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

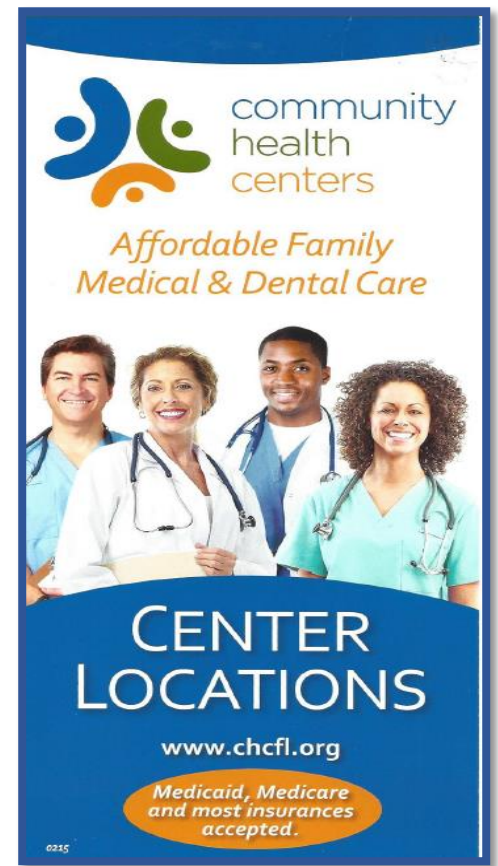
WORDS OF ENCOURAGEMENT

The Lord says, "I will rescue those who love me. I will protect those who trust in my name. When they call on me, I will answer. I will be with them in trouble".

Psalms 91:15 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 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 and may use the gym free while child is participating at the gym. The child's fee is \$20.00 per visit from November 9 2015 - February 8, 2016. The 1st Place prize will be \$100.00; 2nd Place is \$50.00; and 3rd place is \$25.00.



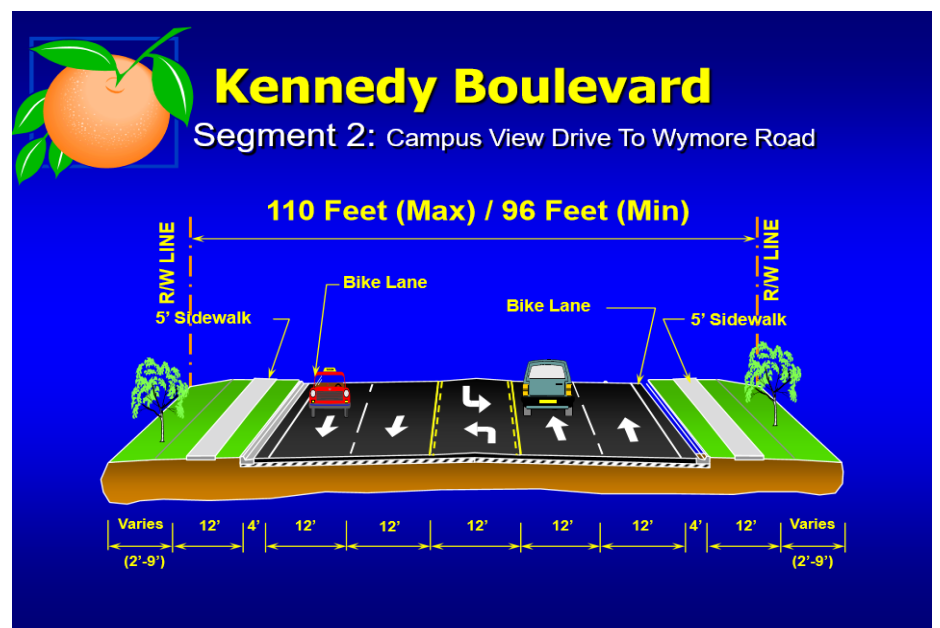
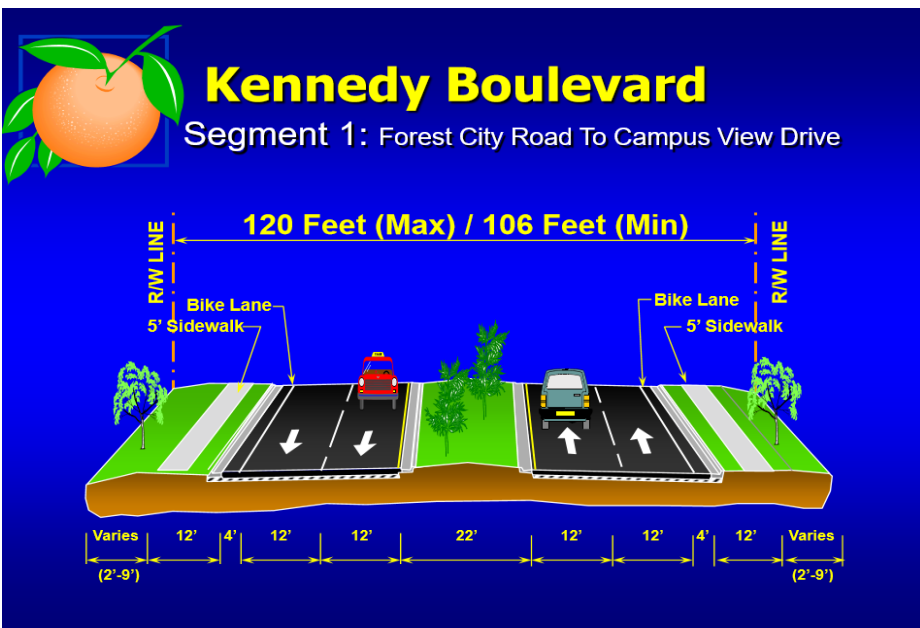
Community Health Centers is Growing to Better Serve You

Community Health Centers is announces an expansion of services offered to the Lockhart, Rosemont & Eatonville communities.

In early 2016, they will be moving their Eatonville and Rosemont centers to the Forest City Medical Center complex, located at 7900-7910 Forest City Road. The brand new center will offer: Pediatric Medicine; Family Medicine; Dental Services for children and adults; Optometry for children and adults; Low-cost Pharmacy; and Behavioral Health.

Call for an appointment today.
407-905-8827 or 1-877-552-4235

Did you know the County is moving ahead with renovations to Kennedy Boulevard on the West side?



Here is info:

<http://orangecountyfl.net/TrafficTransportation/RoadwayProjects/KennedyBoulevard/tabid/1077/Default.aspx#.VhvnWDZdGUk>

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(407) 898-3777 / support@orlando.org



Safe & Healthy Home Tips by RTO

A dirty air filter reduces the air quality in your home and can aggravate allergies and asthma, particularly in children. Regularly replacing and/or cleaning AC filters can reduce your AC's energy consumption by 5% to 15%. Change your filter to improve your family's health and reduce your energy bill.

www.rtorlando.org



DONATE

BECOME A SPONSOR



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. 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. No cost to you. Call 407-622-2525. 100 East Kennedy Boulevard, Eatonville, College Street entrance.



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.

Welcome to CTX FITNESS!

LOSE WEIGHT & GET IN SHAPE FOR SUMMER!

FULLY EQUIPPED PRIVATE GYM - PERSONAL & GROUP TRAINING AVAILABLE



CALL 407-304-6036 & ASK ABOUT OUR \$25 A MONTH MEMBERSHIP SPECIAL

CTXFITNESSORLANDO.COM 6250 EDGEWATER DR., #1100, ORLANDO, FL 32810

**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



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ONLINE PRESENCE CONSULTANT
CONTACT@CONNORMARC.COM**

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**148 Maitland Ave. Maitland, FL 32751
MyHairEssentials.com
407-644-6885**

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hair essentials
relax. renew. revive.

Services include:

- coloring
- cuts
- relaxers
- perms
- extensions
- locks
- Naturals
- keratin treatments

We also carry a variety of professional products for your every need, including:

- Bio Naza Kerahair
- Design Essentials
- Influence
- Rusk Vitality
- Kera Care

Distributors of 100% human Indian, Brazilian, Peruvian, and Malaysian cuticle hair.

\$10.00 Off With This Ad!

**AMVETS POST 18 Free Membership Drive
Nov. 8th to 14th**

From; Felix Lake Sr. Post Commander 407-920-3371 or felixlakesr@gmail.com

**Play Dominoes and Eat Food Together
At the Hungerford School Cafeteria**

**Sunday: Nov. 8th, from 1 to 3 PM
Wednesday: Nov. 11th, 10 AM to 1 PM
Thursday: Nov. 12th, from 6 to 9 PM (regular bingo night).
Saturday: Nov. 14th, from 6 to 8 PM**

**Joint effort with:
Town of Eatonville
Rebuilding Together Orlando
Healthy Eatonville Place**

ZORA!

Festival 2016

**Saturday, January 23rd
thru
Sunday, January 31st**

"Reflection on the Global Legacy of Zora Neale Hurston: Celebrating Her 125th Birthday"

