



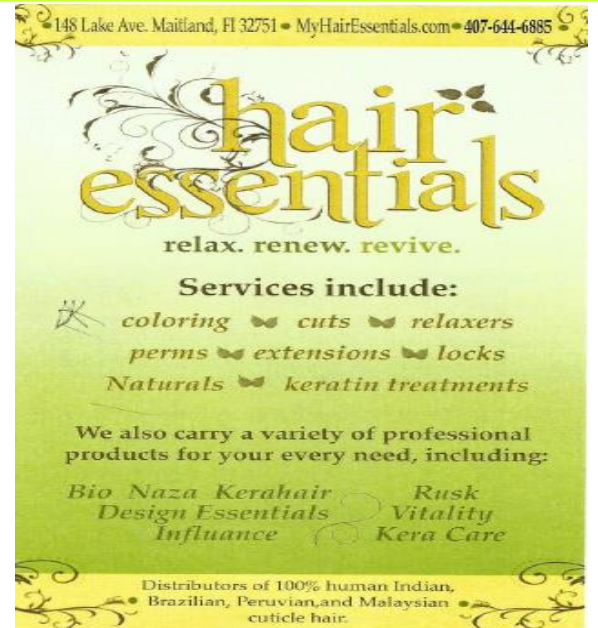
and surrounding
unincorporated communities

To advertise in this paper call: **Felix Lake, Sr.**
407.920.3371

felix@thepulsenewsletter.com

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\$10.00 Off With This Ad!

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

WORDS OF ENCOURAGEMENT

"To those who use well what they are given, even more will be given,
and they will have an abundance".

Psalms 91:15 NLT

SPOTLIGHT ON A POSITIVE STORY

**You
Are
Invited!**

Join The Mustard Seed for a Breakfast
to Honor our Nation's Heroes!
Saturday, November 14, 2015
9:30 a.m. to 11:30 a.m.
12 Mustard Seed Lane ~ Orlando, FL 32810

Join us for a light breakfast, tour our facility and a chance to meet some of the amazing veterans The Mustard Seed gets to serve every day. In 2013, the Commission on Homelessness reported that there were 564 homeless veterans in Central Florida. Last year, The Mustard Seed was honored to serve 181 of those veterans, and this year we expect to serve more.



Vicki Davis
The Mustard Seed of Central Florida
Development and Marketing Manager
12 Mustard Seed Lane | Orlando, FL 32810
O: 407.875.2040 x117
C: 352.871.3297
F: 407.875.3413
vicki@mustardseedfla.org
www.mustardseedfla.org

Sustainable Florida | 2014 Best Practice Award Winner
For outstanding achievements and excellence in helping to create a sustainable economic, environmental and social future for Florida.

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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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.

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

Wednesday: Nov. 11th, 10 AM to 1 PM

Thursday: Nov. 12th, from 6 to 9 PM (regular bingo night).

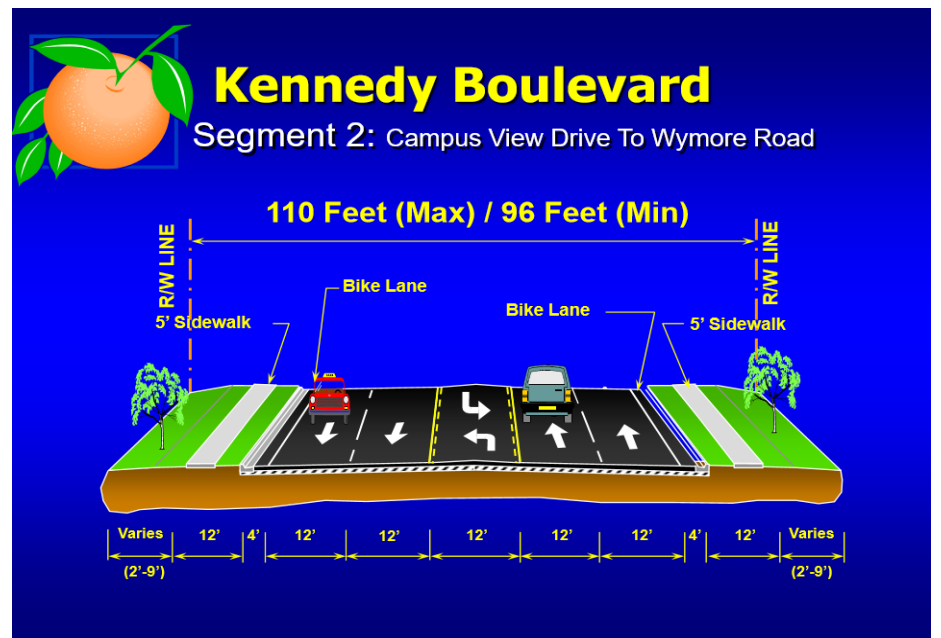
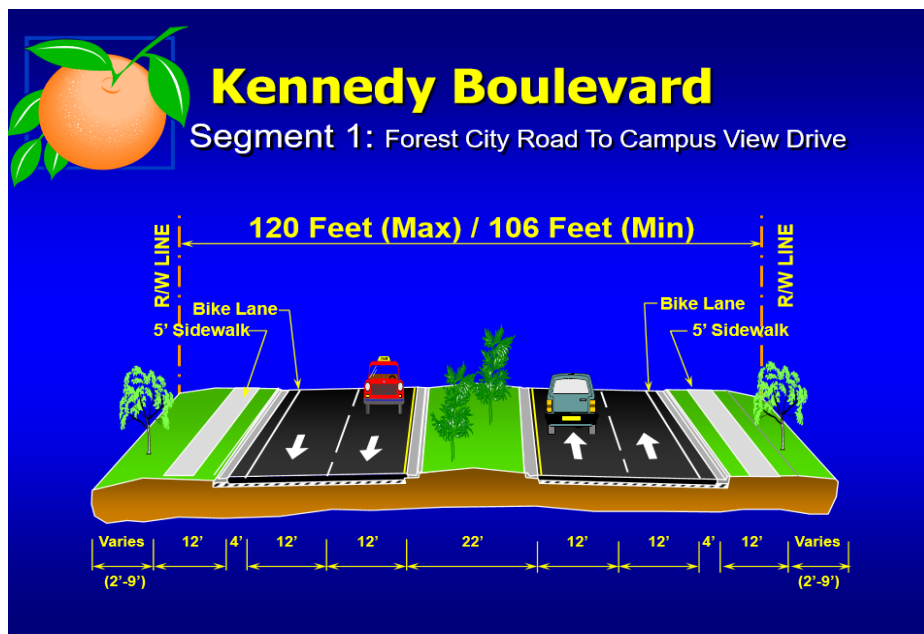
Saturday: Nov. 14th, from 6 to 8 PM

Joint effort with:

Town of Eatonville
Rebuilding Together Orlando
Healthy Eatonville Place

The final Eatonville Community Redevelopment Agency (CRA) visioning workshop will be held on **Thursday, November 12, at 6:00 p.m. at the Denton Johnson Center in Eatonville, FL.** The purpose of the workshop is to invite the community to provide input on a draft plan for the Town.

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



Here is info:

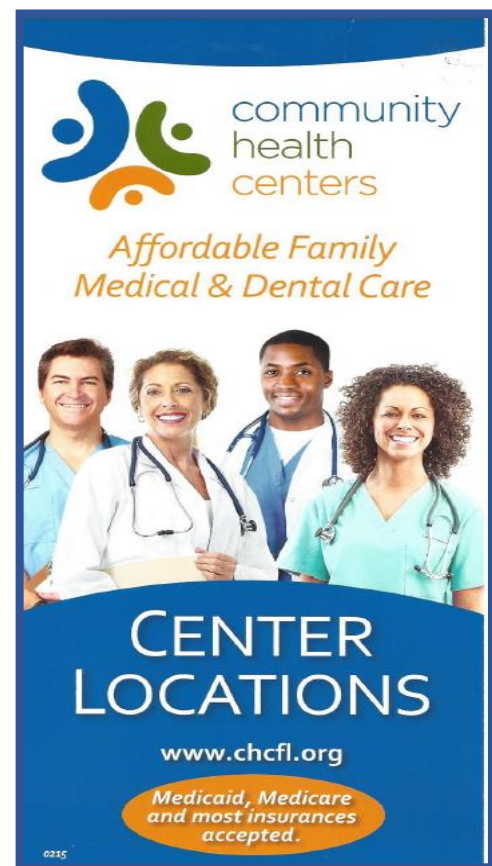
<http://orangecountyfl.net/TrafficTransportation/RoadwayProjects/KennedyBoulevard/tabid/1077/Default.aspx#.VhvnWDZdGUK>



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.



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

ZORA!

Festival 2016
Saturday, January 23rd
thru
Sunday, January 31st
“Reflection on the Global Legacy of
Zora Neale Hurston:
Celebrating Her 125th Birthday”