



Volume 13, January 2016

www.thepulsenewsletter.com

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

WORDS OF ENCOURAGEMENT

"I am leaving you with a gift ---- peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."

John 14:37 NLT

SPOTLIGHT ON A POSITIVE STORY

May You Have A Happy and Prosperous New Year! (Some thoughtful quotes to share in your life and with others)

"I shovel [money] out, and God shovels it back...but God has a bigger shovel!" *R.G. LeTourneau, American inventor*

"A man there was, and they called him mad; the more he gave, the more he had." *John Bunyan, English Puritan writer and preacher*

"I would like to be known as a person who is concerned about freedom and equality and justice and prosperity for all people." *Rosa Parks*

"If you're walking down the **right path** and you're willing to **keep walking**, eventually you'll make progress." *Barack Obama*

"Don't settle for average. Bring your best to the moment. Then, whether it fails or succeeds, at least you know you gave all you had. We need to live the best that's in us." *Angela Bassett*

"My biggest resource is my mind." *Kareem Abdul-Jabbar*

God makes 3 requests of His children: Do the best you can; where you are; with what you have; **now**. *African American Proverb*

Throughout life people will make you mad, disrespect you and treat you bad. Let God deal with the things they do, because hate in your heart will consume you, too. *Will Smith*

My life is my message. *Mahatma Gandhi*

Life's most persistent and urgent question is, "What are you doing for others?" *Martin Luther King, Jr.*



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.

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

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**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
(Four)
New Year's Specials!**

- 1) Month-to-Month.....\$ 25.00 (Per Month)
- 2) 6 Months' Commitment.....\$ 21.99 (Paid In Full)
- 3) 1 Year Membership.....\$199.00 (Paid In Full)
- 4) Cross-Training Classes.....\$ 90.00 (Per Month)

The above (four) offers expire January 31, 2016.

Marc Connor ~ 470-230-8280



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MARC CONNOR
ONLINE PRESENCE
CONSULTANT
CONTACT@
CONNORMARC.COM

twitter.com /
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Job Openings for Two Managers
The Pulse is hiring two independent Managers for two new "Pulse Newsletters" locations: Apopka and Winter Park, FL. Contact Felix Lake, Sr., 407-920-3371

**AMVETS POST 18
in Eatonville, Florida**

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.

To advertise in this paper or to send advertising materials, contact Felix Lake, Sr.: 407.920.3371, or felixlakesr@gmail.com

Fresh Stop Bus Brings Produce to Food Deserts



Hebni Market Manager shows off the bus to Healthy Eatonville Team members John Riordin, Chief Operating Office, Community Health Centers and Ellareetha Carson, Dietician with Hebni Nutrition Consultants.

The Fresh Stop mobile farmers market, a bus operated by Hebni Nutrition Consultants, is selling low cost fruits and vegetables at Hungerford High School in Eatonville from 3 p.m. to 4:30 p.m. every Wednesday.

Deserts are areas where there is no easy access to fresh, healthy foods such as produce.)

The two other stores in Eatonville do not sell fresh fruits and vegetables, said Katrina Jackson, a resident of Eatonville, member of the Healthy Eatonville Team and a Florida Hospital technician. "This bus makes it easier for our residents to access healthy foods."

Plant The Seeds & Reap The Harvest

community health centers

GROWING
TO BETTER SERVE THE COMMUNITY

MOVING TO ONE LOCATION!
INOS MUDAREMOS A UNA SOLA LOCALIDAD!

- ▶ FAMILY MEDICINE
- ▶ PEDIATRIC MEDICINE
- ▶ ADULT DENTAL
- ▶ PEDIATRIC DENTAL
- ▶ OPTOMETRY
- ▶ PHARMACY
- ▶ BEHAVIORAL HEALTH
- ▶ LAB

RELOCATING TO:
7900-7912 Forest City Rd
Orlando, FL 32810

407-905-8827
WWW.CHCFLO.ORG



Community Health Centers is announcing 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.**

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