



Temple Founder Lions Club

# Broadcaster

TFLC President

Boss Lion Lathe Owens



Volume 103, Issue 24 2nd VP Ariane Secrest, Editor [www.templelionsclub.org](http://www.templelionsclub.org) January 8, 2020

## COMING UP...

### UPCOMING PROGRAMS:

- 1/15: Mayor Tim Davis-City of Temple
- 1/22: Bob Holloway-BCYC
- 1/29: Kirby Johnson-TC Head Basketball Coach
- 2/5: Bill Schuman-Bell County Commissioner

### CLUB CALENDAR:

- 1/13: Noon Board Meeting-Cotton Patch
- 1/15: Noon Meeting-Caterer Big Hoss
- 1/22: Noon Meeting-Caterer Gregory's
- 1/29: Noon Meeting-Caterer Fat Boy's
- 2/1: REVERSE RAFFLE @ 6:00 pm

### BIRTHDAYS:

- 1/10: Brian Vanicek
- 1/13: Terry Malina

### UPCOMING GREETERS:

- 1/15: Julie Aluiso & Bev Sperling
- 1/22: Robert White & Cindy Southerland

### DATES TO REMEMBER:

**Saturday, February 1st, 2020-TFLC Reverse Raffle!!! For tickets, contact Lion 2nd VP Ariane Secrest at [avhollub@gmail.com](mailto:avhollub@gmail.com) or 254.598.9166.**

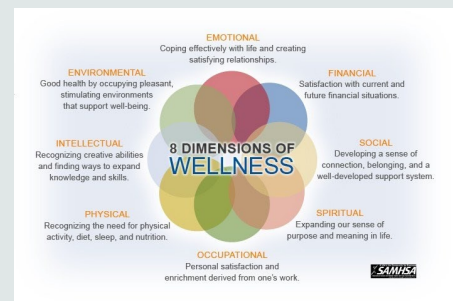
**Don't forget we also need Silent Auction items! Please bring donations to Lion Ariane Secrest!**



Dr. Jason Raesz with Advanced Chiropractic Care spoke to TFLC about the importance of chiropractic care. Dr. Raesz has been a speaker in the central Texas area for over five years. He has done hundreds of talks at various businesses and organizations. He enjoys helping people find and maintain health without the use of medications and surgeries. Today, he started with a question that he said he starts



every wellness talk with: What is your greatest asset? Your health. He then asked Who is responsible for your health? We are. He then asked what "health" means? It means we look good, feel good, right? Being healthy means having optimal function financially, physically, intellectually, emotionally, spiritually, socially, environmentally, and occupationally. If we have address all of these dimensions of wellness, we can have good overall health. This is a great time of the year to address some of those areas where we may not be the "healthiest."



Lifestyle factors (what we eat, amount of physical activity, etc.) impact our health in a huge way! We can all start to make little changes to improve our overall health and wellness. Simple things to do include just standing up once every hour while at work and walking around, and taking the stairs instead of the elevator. The U.S. Department of Health and Human Services recommends 150 minutes of moderate physical activity each week. Increasing physical activity in your daily life decreases the risk of heart attack, stroke, high blood pressure, high cholesterol, and diabetes. Let's get moving!!!