

The Mecklenburg Missile

Comin' Atcha

Kiwanis Club of Mecklenburg, Charlotte, Inc.

Organized August 5, 1952

P. O. Box 33573, Charlotte, NC 28233-3573

Missile Launcher: Bob Swanson

Meeting: Monday, November 21, 2011

Next Meeting: Monday, November

Today's Program

Scott Gass, a personal health consultant & trainer



Scott took his training at the Institute for Integrative Nutrition, where he trained in more than one hundred dietary theories and studied a variety of practical lifestyle coaching methods. Drawing on this knowledge, he can help you to create a completely personalized "roadmap to health" that suits your unique body, lifestyle,

preferences, and goals.

Curious about "Integrative Nutrition?"

Integrative Nutrition is the only nutrition school to integrate all the different dietary theories and provide comprehensive coaching and business training. Health Coaches from Integrative Nutrition's world-class training program learn from top experts in the field of health and wellness including Dr. Andrew Weil, Geneen Roth, Dr. David Katz, Dr. John Douillard, Dr. Mark Hyman, and David Wolfe among many others.

Have you ever received good advice that you were unable to follow? Has your doctor ever recommended a lifestyle change that you found to be unsustainable? Have you ever wanted something in your life, but found you couldn't achieve it alone? Health Coaching just might help.

To learn more, visit Scott's web site:
<http://scottgass.com>

Christmas Party

When: Saturday, December 3

6:30-7:30 PM Cocktail Hour/Cash Bar

7:30-9:00 PM Dinner/Social

Where: Mickey & Mooch

8128 Providence Road, Ste 2100
Charlotte, NC 28227

Gift Cards will be accepted for our Pediatric Cancer Fund families.

RSVP by November 30 to Jennifer Wittmer
jennifer@sehotel.com

Card of THANKS

The Swanson family is most appreciative and THANKful for the numerous flowers, visits, cards, letters, and emails from Kiwanians around the world upon the death of our wife & mother, Helen.

Our heartfelt THANKS to the many who responded. We will treasure these memories always.

Next Regular Meeting

Monday, December 5 - usual place and time:
Villa Antonio, 12:00 noon.

We are promised a very interesting program.

60. There are no new sins. The old ones just get more publicity.
61. Why is it that at class reunions you feel younger than everyone else looks?
62. Seat belts are not nearly as confining as wheelchairs.
63. If you don't have a sense of humor, you probably have no sense at all.

- - *To be continued*

Meets 12:00 Noon, 1st & 3rd Mondays: Villa Antonio Ristorante, 4707 South Boulevard
Web Site: <http://www.mecklenburgkiwanis.org>