

Friendship is hard. [Speed Friending Challenge](#) allows you to identify people with common interests. The conversations that will take place don't have to be deep, profound or even scripted; simply discussing likes and dislikes which may lead to future friendships.

Maintaining meaningful friendships and removing negative ones has an incredible impact on your health. Your closest friends can help boost your overall mental and physical health and also help you reduce your stress.

You will spend three to five minutes chatting with others attending the event. It's the speed dating format without any of the awkwardness. The event will be held in the Peace Auditorium July 10 at 5:00 p.m. Light refreshments will be served. Sign up today on our website at <https://www.fbcuc.org/wellnessreach/>.

[Family Connect Challenge Cards](#) provide family questions to help explore a wide variety of topics we wouldn't often think to talk about.

In each pew you will find cards to use as conversation starters to encourage open conversation. Use these at the dinner table or make a game of it to learn more about the people in your life. Connect, communicate and build trust with honest, open dialogue to build better relationships.

SCRIPTURE MEMORY CHALLENGE

"A joyful heart is good medicine, but a crushed spirit dries up the bones."
Proverbs 17:22

UPCOMING EVENTS

[Speed Friending Challenge](#)

July 10, 5:00 p.m.
Peace Auditorium

[Fruit & Veggie Class](#)

July 23, 9:00 a.m.
REC Classroom

[Health Fair](#)

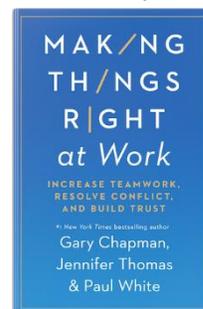
Aug 13, 9:00 a.m. – noon
Peace Auditorium

PODCAST

Biblical Friendships that Thrive | Ep. 63 –
Daily Grace Podcast: [listen now](#)

RECOMMENDED BOOK

["Making Things Right at Work"](#) is a great read for improving **work** relationships, especially in today's toxic work environments in a day and age when the workplace is getting harder to endure for many people.



**MAKE FRIENDS AND
MAKE 'EM FAST!**



July 10 5:00 pm
Peace

Register  

www.fbcuc.org/wellnessreach

FRUIT & VEGGIE CLASS

JULY 23 | 9:00 AM

REC CLASSROOM

Register:
fbcuc.org/wellnessreach




BAREFOOT WORSHIP

Mondays and Thursdays
6:30 - 7:30 pm
Located in the Rec Center

Did You Know?

The average parent spends 38.5 minutes per week in meaningful conversation with their children... that's just 5.5 minutes a day!

Spending quality time with children has significant effects on their well-being, including better grades, reduced substance abuse, improved mental health, and social competence.

Although parents talk to their kids all the time, it can be challenging to have conversations about things that really matter. These conversations require us to connect with our children on both a cognitive and an emotional level.

[Follow us on Facebook at Wellness Reach](#)



PraiseMoves
BALANCE • STRENGTH • FLEXIBILITY®

Mon/Wed/Fri
9:00-10:00am
Rec Center

Turn Your
WORKOUT
Into
WORSHIP



MORE INFO: *Contact Jean Dukes 210.213.4454*

RECIPE OF THE MONTH

From the Kitchen of Linda Emanuelson

Recipe **Grilled Chicken Avocado and Mango Salad** **Servings 4**

Ingredients

- 12 oz grilled chicken breast
- 1 cup diced avocado
- 1 cup diced mango
- 2 tbsp diced red onion
- 6 cups baby red butter lettuce

For the vinaigrette:

- 2 tbsp olive oil
- 2 tbsp white balsamic vinegar
- salt and pepper to taste

Directions

- Whisk vinaigrette ingredients and set aside.
- Toss avocado, mango, chicken and red onion together.
- Fill a large salad platter with baby greens or divide on 4 small dishes.
- Top with chicken/avocado mixture and drizzle half the dressing on top.
- Serve with remaining dressing if desired.