



When: November 19, 2016 from 9:00am

Where: Mohican Family Center

Who: Everyone

What: 2K or 5K Walk or Run

Why: Community outreach

Frozen Turkey for the first 20 families

Question please call Diane Burr 715-793-5064

Smiling Changes Our Mood: Next time you're feeling down, try smiling. There's a good chance your mood will change for the better. Smiling can actually trick the body into helping you change your mood. 😊