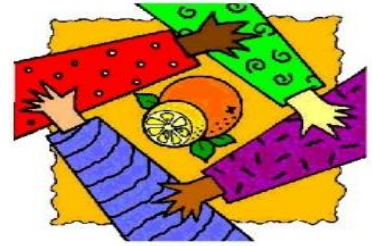


R.E.A.C.H.



*Residents' Empowerment Association
of Citrus Heights*

*Invites All Neighborhood Association Board Members,
Volunteers, Friends and Guests to a Workshop and*

Pot Luck

Date: March 6, 2017

Time: 6 pm to 9 pm (6:00 to 6:30 Meet and Greet)

*Place: Citrus Heights Community Center
6300 Fountain Square Dr.
Citrus Heights, CA 95621*

*Theme: **Dr. Margaret Anne Cleek:** "Mindfulness: Fully Focusing for Efficiency and Effectiveness".
Tim Schaefer: "Why do we Volunteer"?*



Bring your favorite dish to share. *Let's start the New Year 2017 by meeting old friends and making new ones. Become more knowledgeable. Be entertained. Enjoy an evening of laughter, good food and great people.*

REACH will hold a raffle to support attendance at "Neighborhoods USA" (NUSA).

For more information and to RSVP call Anna Portillo at 916-459-7890, e-mail annaportillo@surewest.net, or Margaret Cleek at 916-729-7072, e-mail cleekma@surewest.net.