Kroger Neighbor to Neighbor program

We are happy to report that Kroger has accepted our group into the current Neighbor to Neighbor charity awards program.

The program allows non-profit organizations to raise money by receiving a percentage of eligible purchases at Kroger stores in LA, OH and TX. Participants download and print off a Customer Letter. The letter has a bar code which is scanned at the store register and the information added to their Kroger shopping card.

To download the letter and instructions, go to: http://www.krogerneighborteignbor.com Click on “Find Your Organization”. Then Search by City (Garland) & State (TX). NOF is on list.

Please feel free to give copies of the letter to family, friends, and neighbors. The program ends on April 30th this year! And they may not have another program next year.

Thanks for helping and making the group strong.
Osteoporosis will not win!

JUST FOR MEN
National Osteoporosis Foundation education staff have just released a new PDF file for men only, entitled Men’s Guide to Osteoporosis. If you would like me to e-mail it to you, please let me know. (It is not yet available in print or on the NOF website.) Jennie

NEXT MEETING
Saturday, February 11
10-11 a.m.
Methodist Richardson Medical Plaza 1, 403 W. Campbell, Richardson
Conference Room 3

What programs would you like?

I’m working on bringing several good speakers to our group meetings again this year. Those I have already approached are: - a nutritionist, a physician, a yoga instructor, a physical therapist and I hope to have other programs such as a review of the new Jane Fonda exercise DVD for older adults, Fit & Strong.

Apart from meetings, we could have purely social outings, such as a lunch or picnic together, exercise classes once a week, a trip to the zoo. What would interest, inform and support YOU most?

Feedback helps Elizabeth and I to more closely meet your needs. Jennie

PS: We will have several open discussion meetings too, which are so valuable and supportive.