

Brewerton United Methodist Church
HELPING HANDS HEALING HEARTS MISSION

We at Brewerton United Methodist Church believe in helping one another through difficult times and living the example of Jesus Christ right here in the Brewerton area.

Who are we? A group of people who will volunteer our skills and free time to help our friends and neighbors. We want to help people who need assistance to make their home more accessible, warmer, safer, or more livable.

Who we can help? They may be unemployed, sick or injured. They may be elderly who can no longer do the work. They may be a family with special needs such as a wheel chair ramp or grab handles in the bathroom. Maybe a single parent who needs help with painting or fixing storm windows , screens or adding some insulation. The list of needs may be many but our hope is that just a little help could mean a more comfortable life for someone.

How can I get assistance from the Mission? Find the mission application form on our website at http://www.brewertonumc.com/Helping_Hands.html or phone Craig Allen at 315-668-9412 to discuss your need.

How is the program funded? The funding for the program comes with help from some local Zumba instructors. They hold a Zumba Fitness 4 Mission Class every Monday night at 6pm in the Church. Those who attend donate \$5 per class, all of which goes directly to the Helping Hands Healing Hearts Mission.

What is Zumba Fitness® all about? Zumba Fitness® is the only Latin-inspired dance-fitness program that blends international music and contagious steps to form a "fitness-party" that is downright addictive.

Come Give it a Try!! Invite your friends; pass this information along, the more students we get the more money that goes into the local missions. Be sure to wear comfortable clothing, sneakers and bring water to the first class. This is not an exercise class that you need to be present each week to keep up, so feel free to come whenever it works for your schedule. The first class is free, and then each class after that will be \$5, you can pay each week, or buy a 10 class pass for \$45.