



UPCOMING EVENTS & UPDATES



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OPPORTUNITIES TO SERVE



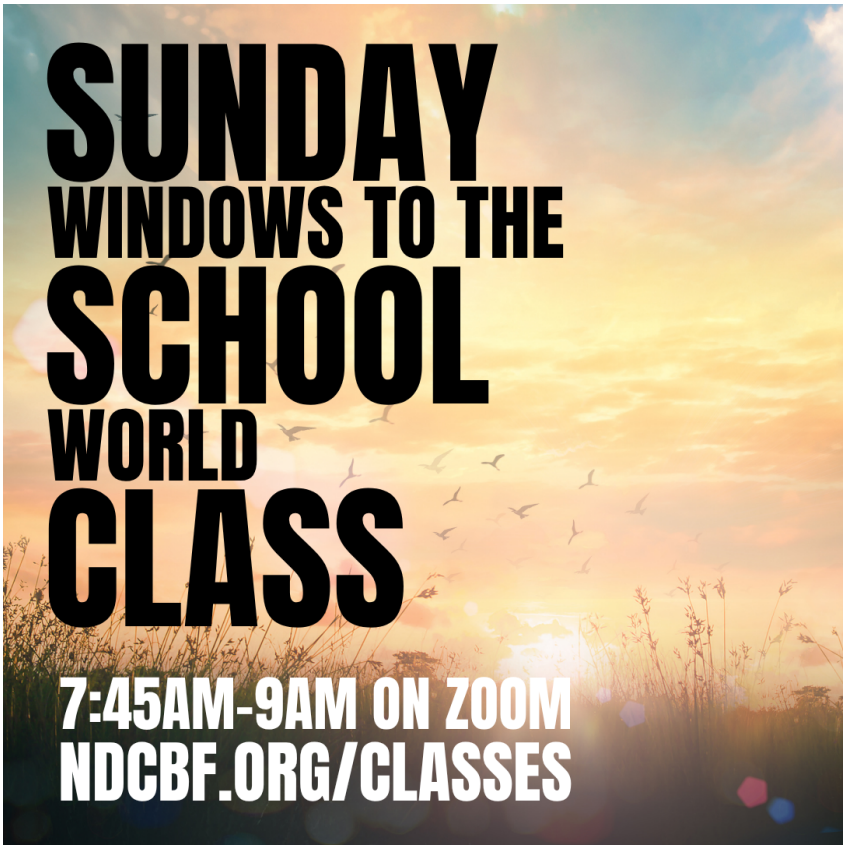
Unity, as one of our core values, is absolutely, indisputably essential for discipleship. That being said, it is with great excitement and heartfelt anticipation that we invite you to be part of a powerful community-wide evening of worship.

[Learn More](#)

For a complete list of events, please visit ndcbf.org/events. Select current events are also featured in the events section at the bottom of the ndcbf.org homepage.

Contact communications@ndcbf.org with any questions.

FEATURED RESOURCES





[Register Here](#)



We praise God for the families that He is bringing to Logos Christian School. In light of this we need additional teachers for Kindergarten and 3rd grade and we would love to recruit from our NDCBF family. If you or someone you know is interested please contact Jody Capehart at jcapehart@logoschristianschool.org

WARNING

If you receive any solicitation emails addressed from Pastor Edwards, or any of the church's leadership, or staff, please report to communications@ndcbf.org immediately. No one in the NDCBF leadership or staff will ever contact you for any donations. Please remain alert, and when in doubt, always reach out with questions or concerns. Thank you!

THE WELLNESS CORNER

Water activities to enjoy all year long!

Our Texas summers are hot but consider adding water activities to your weekly workout. If you’re heading outdoors, remember to wear sunscreen, bring bottled water and apply bug spray. Get outside early before it heats up or later in the day when temperatures are cooler.

Keep moving with these water activities:

Water aerobics

- A low impact activity that’s easy on your joints and can help improve cardiovascular health.
- No swimming experience is required.
- Classes are offered in both shallow and deep water. Special flotation equipment is provided for deep water classes.
- A swimsuit is required, water shoes are optional.
- If your gym has a pool, water aerobics classes may be included with your membership.
- Contact your local YMCA or aquatics center to find a class near you.

Swimming

- A low impact activity that can improve cardiovascular health.

- Can be enjoyed in a pool, lake or ocean.
- It’s never too late to learn to swim. Contact your local YMCA or aquatics center to schedule lessons for yourself or your family.

Pool Walking

- A low impact activity that’s easy on your joints and can improve balance and coordination while helping you stay cool.
- Walk in water that is about waist high or lower.
- Can be enjoyed in a pool, lake or ocean.
- Water shoes are optional.

Stand up Paddleboard (SUP)

- A low impact activity that can improve balance, endurance and core strength.
- Can be enjoyed on a lake, ocean or river. Some facilities offer pool based classes.
- A life jacket is required.
- Paddle while standing, sitting or kneeling on a board.
- Equipment rentals are typically available.
- Many locations offer paddleboarding lessons and fitness classes such as yoga.

Kayaking and Canoeing

- A low impact activity that can improve your cardiovascular health, strength and flexibility.
- Can be enjoyed on lakes, rivers or the ocean.
- A life jacket is required.
- Equipment rentals are typically available.
- Check with local outfitters or recreation centers for lessons and guided trips.

Additional water activities:

- Wakeboarding
- Water Polo
- Diving
- Surfing
- Windsurfing
- Synchronized swimming

No matter which activity you choose remember to follow water safety guidelines, wear a life jacket when appropriate, stay hydrated and never exercise alone in open water.

Challenge yourself to do one of these activities before summer ends.

Let’s Keep it Moving!
M. Renette Schmidtke
MEd, NCSF CPT

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