



## 2025 CHURCH PICNIC



In celebration of our 36th anniversary, we will be hosting our church picnic on Saturday, September 13th, from 10am-1pm! Mark your calendar to join us for great food and fellowship, where relationships can grow, connections can be deepened, and the love of Christ can be shared in community.

**Register today** (t-shirts included)!



Enter your favorite desserts into the 2025 church picnic bake-off. The last day to enter the bake-off is Sunday, September 7, 2025. **Register here!**



In order to make this year's church picnic happen, we need your help! We invite you to register as a volunteer. You can choose from a range of areas to serve in, such as registration, set-up, break-down, parking and more! **Register here.**

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

Contact [communications@ndcbf.org](mailto:communications@ndcbf.org) with any questions.

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# THE WELLNESS CORNER

**Are you getting enough physical activity to stay healthy and feel your best?**

- Ages 18–65 and in good health?
- Click below for recommendations

**Recommendations**

Over 65 with health conditions?

- Be sure to consult your doctor for personalized activity guidance.
- Have kids?
- Click below to see what kids need

**See What Kids Need**

Be sure to consult your doctor for personalized activity guidance.

### **3 Easy Tips to Get Your Family Moving:**

1. Limit screen time for everyone.
2. Make it fun! (Backyard obstacle course, dance party — you name it!)
3. Be a role model — let your kids see you being active.

Let's keep the whole family moving toward better health — one step at a time!

By:



**Dr. Brenda Wakefield, PhD**  
Natural Health/Nutrition  
Practitioner



**M. Renette Schmidtke, M.Ed.**  
NCSF Certified Personal  
Trainer