

Food Bank Distribution

Every first Wednesday
of the month!
8 AM — 10 AM
2030 S. Avenue A

**YUMA VETERANS STAND
DOWN**

Friday, March 17th, 2017
8 AM—2 PM
American Legion Post 19
2575 South Virginia Drive
Yuma AZ 85365

Are you a veteran or family member of a veteran? Join us to learn about employment opportunities, MVD/Social Services, how to address legal issues, and local benefits available. Many business, non-profits & support agencies will be ready to answer your questions.

FREE

- Haircuts for Veteran's
- Glucose & BP Checks
- Fishing/hunting License
- Apply for VA Health-Care & File VA Claims
- Same day DD-214

Don't miss out!

For more information call
928-344-7622 or email
Veteran.Services@azwestern.edu

Yuma Main Library

2951 S. 21st Dr.

Conversational Café

Take turns practicing your English or Spanish with a native speaker.

Fridays from 9-11AM

Charla de Café

Tome turnos practicando su inglés o español con un hablante nativo.

Cada viernes de 9-11AM

**One Book Yuma 2017:
Author Craig Johnson**

Longmire author Craig Johnson visits to discuss the 2017 One Book Yuma selection, *The Cold Dish: a Longmire Mystery*. Books will be available to purchase courtesy of the AZ Western College Barnes & Noble. Book signings will commence after the presentation.

Thursday, March 9th, 1PM

**SHINE Kid Corner****spring cleanup**

Are you getting ready to spring clean your home? How about spring cleaning your schedule? Have you heard of the phrase "small changes equal big results?" If not, why don't you take this spring season to do small changes and harvest big results later in the year? Here is a checklist of small changes to help you spring clean your schedule:

- 1. Revisit:**
 - Talents
 - Favorite places
- 2. Declutter:**
 - Mind
 - Closet
 - Schedule
- 3. Reevaluate:**
 - Goals
 - Career
 - Relationships
- 4. Add**
 - More water
 - More vegetables
 - More patience

Remember you do not have to change everything all at once. Stick with small changes and you will surely see big results.