

## Meet Out Speaker: AIMEE HORTA

Aimee Horta is a Holistic Health Coach, certified by the American Association for Drugless Practitioners and the Institute for Integrative Nutrition. In 2014 she founded The Holistic Health Maven, a lifestyle coaching practice for people like you who want to enjoy great health naturally. She received her training from the largest nutrition school in the world, where she learned about more than 100 dietary theories and innovative coaching methods with some of the world's top health and wellness experts.

Aimee also holds a Bachelor degree in Psychology and is currently taking classes to complete a Master's degree in applied nutrition. Her education and life experience have equipped her with extensive knowledge in holistic nutrition, health coaching, and preventive health. Drawing on these skills and her knowledge of different dietary theories, she works with clients to help them make lifestyle changes that produce real and lasting results for their unique body, lifestyle, preferences, and goals.



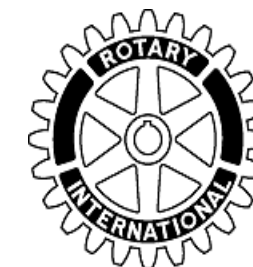
**Congratulations to Hank, 2 more Paul Harris Fellow awards!!**



ROTARY 2015-2016

## SEMINOLE SMOKE SIGNALS

Club Number 4289



October 7, 2015

**PRAYER FOR TODAY:** Lord, help me to remember in thought and prayer those whom You have brought into my life. Amen.

**PROGRAM THIS WEEK:** Aimee Horta, Health Coach  
**PROGRAM LAST WEEK:** Bill Karns, Jr., Remember Our Children (ROC) Park  
**PROGRAM NEXT WEEK:** Amanda Crithfield, Grief Recovery Specialist

### Upcoming Events:

Oct. 21st: Sandi Fustue - Educational Consultant  
Oct. 28<sup>th</sup>: Ellen Homelsky - Certified Interpreter for the Deaf  
Nov. 14th: Auction  
Dec. 4th: Holiday Christmas Party at the Club at Treasure Island

### Rotary Club of Seminole Officers 2015-2016:

<b>President</b>	Tim Ingold	<b>Sergeant at Arms</b>	Jim Woodworth
<b>President Elect</b>	Bob Matthews	<b>Bulletin Editor</b>	Jeff Graves/Ruth Berry
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<b>Treasurer</b>	Mike McQuilkin		
<b>District 6950 Website - <a href="http://www.rotary6950.org">www.rotary6950.org</a></b>			
<b>Website - <a href="http://www.seminolerotary.org">www.seminolerotary.org</a></b>			
<b>Rotary Club of Seminole P.O. Box 3313 • Seminole, FL 33775-3313</b>			