

Meet Our Speaker: **Dr. Jaya Prakash**

A couple of years ago, I was at an important crossroads in my life. I carried 80 pounds of excess weight. I was on multiple medications for diabetes, asthma, thyroid, reflux, and metabolic syndrome. I was unable to climb a step stool, and to get to a second floor classroom, I had to take the elevator. As a physician by training who has practiced in India before coming to the US. I knew “what” needed to happen but tried so many ways to do it on my own and with other programs. I did not know the “most effective how”. Holidays were the most challenging time of them all! I was about to give up trying and just live with the diabetes. And then in a chance encounter with my current health coach, I found this wonderful system. I started my health journey and am 70 + pounds lighter AND free of *all* my medications. I look and feel great and can literally bound up the stairs. Most importantly, I learned the healthy habits that will keep the weight off and optimize my health forever.

I decided to pay it forward as a Certified Health Coach, helping others to enjoy the same success! The programs I use are NOT diets. Diets don't work for the long term.

I am happy to help you through a health program designed to shed pounds quickly and safely. *Average weight loss with "Coach Jaya" is 20 pounds.



November Orange Grove Elementary
Students of the Month:
**Katie Crackenburg,
Taylor Copechal,
Brooke Laforest**



SEMINOLE SMOKE SIGNALS

ROTARY 2016-2017



Club Number 4289

~~December 7, 2016~~

PRAYER FOR TODAY . Lord, thank You for the wise words of others that help me be a better person. Amen.

PROGRAM THIS WEEK: Dr. Jaya Prakash, How to navigate the holidays successfully

PROGRAM LAST WEEK: Dr. Young, Medical history & information

PROGRAM NEXT WEEK: To Be Announced
Upcoming Events:

- Dec. 10th: Holiday Party, The Club at Treasure Island
6:30 TO 7:30 - SOCIAL HOUR - CASH BAR
7:30 - DINNER
- Dec. 13th Food Pantry - Packing Christmas Dinner Bags- 10:ish

Rotary Club of Seminole Officers 2016-2017:

President	Bob Matthews	Sergeant at Arms	Frank Tanzella
President Elect	Ginger Hayes	Bulletin Editor	Jeff Graves/Ruth Berry
Secretary	Lorie Whitney	Past President	Tim Ingold
Treasurer	Mike McQuilkin		
District 6950 Website - www.rotary6950.org			
Website - www.seminolerotary.org			
Rotary Club of Seminole P.O. Box 3313 • Seminole, FL 33775-3313			