

January 29, 2021

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The Lopez Island Family Resource Center (LIFRC) newsletter. It includes information about LIFRC programs and also reminders of federal, state, and local food assistance and assistance programs. For more information, find us at lifrc.org or call 360.468.4117.



Open Source Wellness
Community is Medicine

OSW for 6th -8th Grade

We invite you to an inter-island opportunity for connection, movement and playfulness. It's a Zoom meeting that's actually fun!

Every other Tuesday, 4:30-5:30pm, beginning February 2nd

Please contact Nikola at nikola@lifrc.org

360-468-4777



MOVE
fun, engaging,
and playful
physical activity



NOURISH
healthy, practical
and sustainable
meals



CONNECT
authentic,
uplifting
peer support



BE
stress reduction,
cultivating
mindfulness

New After School Program Coming Soon

3rd, 4th and 5th graders are invited to join instructors, Sean Poynter & Q Williams for

Outdoor Exploration at Odlin Park!!!

The fun will last for eight weeks, every

Thursday 1-4 pm,

starting Feb. 4th thru March 25th!!

The program is at no cost to Lopez families and funded by the "No Child Left Inside Grant".

Find more information [here](#).



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