

HUB



HOPE UNIVERSITY BULLETIN

February 2017 Volume 5 Issue 2

Serving Roslyn, Ellensburg, Cle Elum & Kittitas

Who We Are

At HopeSource, our Mission is to move people to self-sufficiency by providing access to education, employment, economic development and vital services. Hope University offers classes and referrals for people who want to change the direction of their lives but lack the resources to do so.

Did You Know?

DO YOU WANT HELP MAKING AN IMPRESSIVE RESUME?

Are you struggling to make yourself look as qualified and spectacular as you are while writing your resume? Feel free to call or stop by and make an appointment to get assistance in making an impressive resume for future employers! We also provide one-on-one assistance in cover letters and interview prep.

Call 509.925.1448

February Events!

CHILDREN'S STORY TIME

The Roslyn Library offers story time for children of all ages every Tuesday at 10:30 am. You'll be surprised how fast all the kids play together with puzzles and toys! And it's a great place and time to meet other parents, check out parenting resources, and browse for books, videos, CDs, and magazines for yourself and other members of your family.

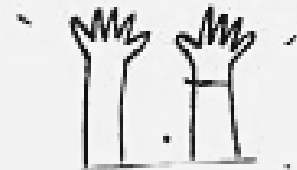
FREE HOMEWORK HELP

If your child needs a little extra assistance, or just some structure to complete homework and projects, the Stan Bassett Youth Center offers tutors Monday-Thursday from 3:00-4:00 pm!

MONTHLY FREE SWIM

At the Kittitas Valley Memorial Pool, youth of ALL ages are welcome to swim for free! From 3:00-4:00 pm on the last Saturday of the month (February 25th), drop on by to enjoy the warm water and family fun

YOU SHOULD DO
WHAT YOU SAID YOU
WERE GOING TO DO
THAT ONE TIME
BEFORE YOU GOT ALL
TIRED AND THEN
GOT SUPER BUSY
AND PRETTY MUCH
FORGOT... YOU REALLY
SHOULD.



We're Here To Help

- 1:1 Coaching
- Job Search & Job Retention
- Life & Family Skills
- Money Management
- Vocational or Continuing Ed Preparation

HOPE FOR YOU



Inspiring Words of Hope & Encouragement

A few tips to consider:

Food is expensive, especially healthy food! If you haven't already, head to FISH Food Bank and enjoy the amazing options they have available. And the best part: you are allowed to take as many fruits and vegetables as you will use!

Drop in : 1407 N B St, Ellensburg, WA 98926

Call: (509) 925-5990

Make eating healthy and exercise a fun activity! Learn how to make healthy food taste good by finding great recipes.

Try making exercise fun by doing activities with family or friends. Games, sports, even a walk with a friend!

Nutrition Checklist

KEEP TRACK OF YOUR FOOD INTAKE AND COMPARE WITH THE USDA'S RECOMMENDATIONS!

Each box shows the recommended serving intake daily. As you eat, fill in each box!

VEGETABLES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
FRUIT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
PROTEIN	<input type="checkbox"/>	<input type="checkbox"/>								
DAIRY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
GRAINS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>				
WATER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

exercise checklist

exercise can come in the form of all types of movement. whether you walk, jog, play sports, or dance - try and be active for 30 minutes a day!

MONDAY	<input type="checkbox"/>
TUESDAY	<input type="checkbox"/>
WEDNESDAY	<input type="checkbox"/>
THURSDAY	<input type="checkbox"/>
FRIDAY	<input type="checkbox"/>
SATURDAY	<input type="checkbox"/>
SUNDAY	<input type="checkbox"/>

