



September, 2016

Summer Workshop Promotes Wellness

Mentoring program participants came together recently on a Saturday morning to learn a new way to beat stress and promote wellness. The discussion about different ways to use essential oils was facilitated by Sandy Baggot, a Wellness Advocate for doTERRA, a company that develops and markets pure therapeutic grade essential oils.

Mentees and mentors learned how the oils are made and how they have been used since ancient times in natural healing. Sandy passed around small bottles of various oils such as wild orange, frankincense and peppermint to test and smell while discussing ways to use them. Just a few drops of an oil were enough to experience its soothing, relaxing or invigorating qualities.



The workshop included making a healing salve using coconut and olive oils, essential oils, and beeswax. Participants worked together in groups, mixing and heating the ingredients and then pouring the mixture into glass jars to cool. Refreshments included tasting and comparing yogurt and guacamole dips, with and without a few drops of edible essential oils to enhance the flavors.

Great Media Yard Sale



The Center Foundation will be participating in the Great Media Yard Sale this coming weekend!! Trustees Susan Garrison and Michael Campbell will be holding a yard sale at 513 W. Front Street in Media and proceeds will benefit The Center Foundation.

The yard sale will take place Saturday, September 17th and Sunday, September 18th from 9 - 4 pm. There will be all sorts of items for sale

including furniture, clothing, baby items, jewelry, books, glassware, appliances, collectibles, and lots of other treasures! Please consider coming out to this fun annual event to show your support for The Center Foundation.

Other Upcoming Events.....

The Center Foundation will have a table at the upcoming Delaware County Wellness Fair for Women and Families on Wednesday, September 21st from 10a.m. - 1p.m. in the Delaware County Government Center at 201 W. Front Street in Media.

The Wellness Fair aims to promote healthy lifestyles and will have screenings and information from local hospitals, organizations, and agencies.

Thank you to our Recent Donors

Allscapes, Rhoda Burrell, Margaret and David Camp, Michael JJ Campbell, Drew Campbell, Joseph and Anne Capista, Sallie-Elizabeth Clayton, The Congregation Ohev Shalom, Candace Davis, Michael Dowling, Cecelia and Marshall Evans, Stephanie and Randy Gaboriault, Susan Garrison, Jayne and Walter Garrison, Donald and Ellen Garrison, Genuardi Family Foundation, Tasha Harris-Mighty, Hometown Wellness Center, Bruce Hunt, Alfred and Eleanor Hurd, Iron Workers Savings Bank, Charles Jameson, Joyce Jefferson, Joseph C. Scott Foundation, Fred and Nancy Keffer, Tricia Korenkiewicz, Rekha Malya, Media Real Estate, The Mentor Center, Teresa Miller, Phyllis and Manley Mincer, Sakina Nix, Nancy O'Rourke, Nolan Painting, Inc., Lawrence and Pamela Phelan, Quaker Chemical Foundation, Reformation Lutheran Church, Rose Valley Asset Management, Marc and Michael Schwartz, Lori Simons, Robert Spencer, Sun East Charitable Foundation, United Way of Greater Philadelphia and Southern New Jersey, Arthur Weisfeld and Virginia Brabender, A. Morris Williams

We are pleased to report the contract renewal of our Impact Grant for general operating support from the United Way of Greater Philadelphia and Southern New Jersey for the fiscal year 2016-2017 for our delivery of services in Education!

**The Center Foundation
610-565-6171**

The Center Foundation empowers young parents, women, and families in transition through mentoring, education, and support.