



# Speaker: Laura Skarpa Topic: Massage Therapy

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time.



#### 2024 - 2025 Officers

President: Darrel Charlton President Elect: Paul Loughran Vice President: Rhonda Hershey Secretary: Vivian Marschik Treasurer: Randy Stone Past President: Jody Nicholas

#### **Board of Directors**

Alice Krebs David McClure Jeanette McNiesh Diane Thompson

#### **Speaker Roster**

Oct 22 Jeanette McNiesh Nov 12 Jody Nicholas Nov 26 Randy Stone Dec 10 Paul Loughran Dec 24 Merry Christmas (No Meeting)

## American Flag Program

Next Delivery will be on Memorial Day 2025

### HH Kiwanis Club Meeting 12-10-24

Speaker: Laura Skarpa, LMT Topic: Massage Therapy

The December Christmas meeting the club's speaker was Laura Skarpa from Tranquil Retreat. Her specialty is orthopedic massage, pain relief, injury rehabilitation and sports injuries. For many patients massage therapy is an important part of specific medical treatment plans to help them to return to daily activities. For example it is helpful after joint replacement surgery or injury, There are many physical and mental benefits. Eliminating pain can make all the difference in your quality of life. Tranquil Retreat is located in the Forest Hills Plaza in Harker Heights. For more information visit: <u>www.tranquilretreatmassage.com</u> or 254-519-2273





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### **Club Business**

The meeting was called to order by Darrel Charlton at 12:16 pm **Prayer: Darrel Charlton Pledges: Charles Sweeney** Song: Randy Stone Lunch: Zum Edelweiss German Restaurant **Brags: None** Guests: Kyle Huitt & David Mitchell (New Member to be voted in today) Birthdays: Eddie Frias 12/16, Jim Hershey 12/18, Jim McKinnon 12/24, Randy Stone 12/26 Flag Program: Finished for this season. It begins again on Memorial Day 2025 Pancake Supper: Darrel Charlton is still waiting on confirmation of approval from the KISD Administration **Prayers: Norm Dunbar** Board Meeting: After the regular meeting today Next Meeting: January 14, 2025 Board Meeting after the regular meeting Children's Miracle Network: We had a fun Christmas raffle of items and all the proceeds go to the CMN Raffle winners: Allie, Darrel, Esabell, Jeanette, Rhonda, Kyle

Motto: Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time.

### Adjournment: The meeting adjourned at 12:45 pm

## **Next Meeting**

