



Even Play  
Dough Art!

*Whatever course you decide upon there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe your critics are right. To map out a course of action and follow it to an end requires courage.*

~Ralph Waldo Emerson



**Dr. Jo**

# **Beyond the Institute**



# Setting up for the South Redford Children's Health Fair, Aug, 19, 2010







# South Redford School Based Health Center opening- May, 2010



# The Change Game

## Who is your Irene??



Kalamazoo Air Zoo



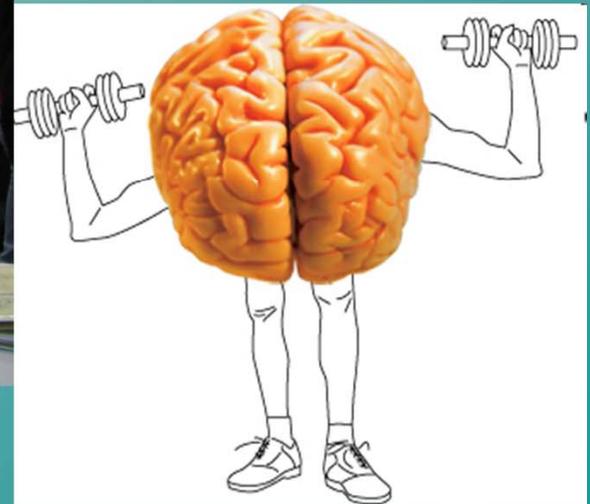
Be the change you  
want to see in the  
world

~ Mahatma Gandhi

# Wellness Activities!!



# BRAIN BREAKS





Kickboxing sessions 😊-My girls participated every time- supporting me 😊 Thank you Carol and Stacey!! And a big Thanks to all who participated- I had a great time!!



The kidnapping and ransom of the Golden Shoe.....yeah...it was Tracy's team (she's an orange. 'Nuff said)



Who remembers the exploding head??



Was it too much too fast??

**The Radison in Kalamazoo**

*Shopping*

**BABIES**

Kendal Lee Tokar  
Born April 28, 2010



.....5 days after the April session ended. Go Nicole!!!

Gabriel Blaine  
Sanford  
Born  
September 7, 2010



Brooke Hempton's first baby, Ryan  
born June 5, 2009

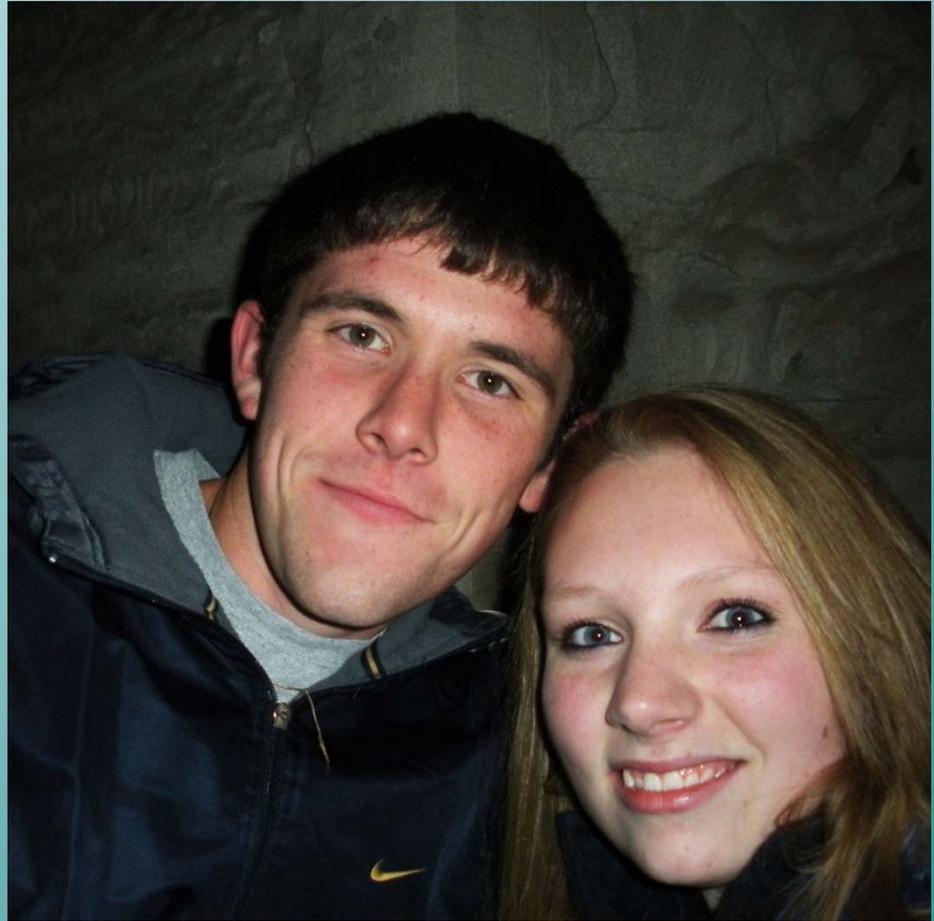


Brooke Hempton's second baby, Reese,  
born October 27, 2010  
(2<sup>nd</sup> day of the October, 2010 Michiana Session)



# First Dates

Vickie Coffey's daughter had her first date while mom was at Michiana....she doesn't look at all like mom does she? 😊



Is this what happens when you people  
are away???

