



## Lunch Bunch - Wednesday, March 8 at 11:30 am

Come join in on Lunch Bunch Wednesday, March 8 at 11:30 a.m. We'll eat at La Paz in Crestline. No reservation necessary.



## Smocking Class

Come join a two-week smocking class led by Lauri Jordan, Mary Reid Fisher, and Jane Jordan on Monday, March 13 and Monday, March 20 from 6:00-7:30 p.m. The class is free, but please sign up in advance on [Realm](#) or by emailing [Mary Splawn](#).

[MORE](#)



## Lunch and Learn - Tuesday, March 21, 10:30 a.m. - 1:30 p.m. Dementia Care - in Conjunction with Founders Place at St. Lukes

"Compassionate Communication: How to Connect With Someone Living With Dementia" is a lunch and learn event led by Dr. Renée Brown Harmon, author of *Surfing the Waves of Alzheimer's: Principles of Caregiving That Kept Me Upright*. During this event, we will learn how communication skills are affected by dementia, and how we can best address those losses. This event is appropriate for both family and paid caregivers.

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## Recap of Women's Retreat: Reflect the Light

We had a wonderful time worshipping together, growing in community, and learning from one another! Thanks to all for your help with details, teaching, hosting, participating, and leading out!

[Photos from the Retreat!](#)

Click the box to see pictures!

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## Women's Growth Groups

The semester has started strong with growth groups and Bible studies. If you haven't joined in yet but want to, consider Wednesday nights in the Hudson Hall from 5:45-7 p.m. We are doing a study on the Holy Spirit. No class next Wednesday because of Ash Wednesday service at 6 p.m. but we will resume on Wednesday, March 1. This group is open to anyone! For more info, connect with [Brenda Knapp](#), [Virginia Wharton](#), or [Mary Splawn](#).

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## Senior Stretch and Fitness

Tuesdays and Thursdays | 9:30 - 10:15 a.m.

Senior Stretch Class meets in Room 321. Enjoy exercising with other women and men in the class led by Dwanna Green, a Certified Trainer with the Greater Birmingham YMCA. The class includes low level exercises to improve your health and well-being.

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Mountain Brook Baptist Church | 3631 Montevallo Road, South, Birmingham, AL 35213

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