

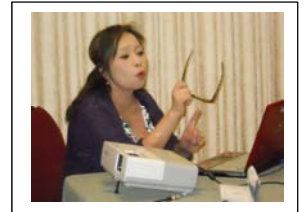
Pythian/Calanthe Twelfth Annual Workshop



The Grand Lodge Knights of Pythias and Grand Court Order of Calanthe Annual Workshop held at the Radisson Hotel in Jacksonville, Florida, Friday and Saturday, February 17-18. The theme for this year's workshop was "Health and Lifestyle Related Behaviors".

The workshop began on Friday with a Welcome Reception that included music, food and games. On Friday to set the stage for the workshop, Grand Chancellor Monette and Grand Worthy Counsellor Emma B. Wade presented all with an overview of the goals & objectives of the workshop.

The Saturday Morning Sessions consisted of Pythian and Calanthe Business Meetings. The Afternoon Workshop involved sessions for both men and women. Dr. Maria Gina Tiomico, a graduate from the University of Florida, specialist in Family Medicine; worked with the men. She offered both Eastern and Western medicine philosophies within her presentation that would improve overall health and other alternatives to improve the quality of a healthier life.



Ms. Vimalakshi Archer; a Growth and Development Coach; worked with the Calanthe Sisters.



In this Session she invited participants to join her in an exercise known as "Sit-Down Yoga". This exercise brings renewed energy and an enhanced healthy lifestyle.

Participants that successfully completed the Twelfth Annual Workshop were awarded certificates at the Red and White Awards Banquet & Dance held on Saturday night.



The Keynote Speaker for the evening was Deborah K. Thompson. Ms. Thompson addressed both male and female issues using humor, plain language and concrete examples to give information that could be used to lead a healthy lifestyle.

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