



September 2020



Florence Crittenton
Believe • Achieve • Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Trinity Presbyterian Church The Family You Choose 4746 SW 21 st St		1	2	3	4	5
<p style="text-align: center;">Our regular monthly schedule has been modified to help encourage social distancing & help slow the spread of COVID-19 to our HEAT Family.</p> <p style="text-align: center;">**Watch for weekly emails regarding classes via Zoom, FB Live and in person classes held outside the church.</p>						12
						19
						26
27	28	29	30	 BlueCross BlueShield of Kansas Foundation The HEAT Up Topeka program is supported by a gift from Florence Crittenton & BCBSKS Foundation		
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Free childcare offered during Tues & Thurs 6:15pm classes.</p> </div>						



Heat Up Topeka

www.flocritkansas.org