

August 12, 2016

CENTRAL FLORIDA FAMILY BASH OFFERS EDUCATIONAL WORKSHOPS, FAMILY ACTIVITIES



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Sanford, Fla. – Virtuous Precepts for Prosperous Living in association with the Florida Department of Health in Seminole County (DOH-Seminole) hosted the Central Florida Family Bash on Saturday, July 30, 2016. The free event took place from 8:30 a.m. to 1:30 p.m. at the Sanford Health Office, located on 400 West Airport Boulevard. Seminole County residents and visitors experienced a variety of family-oriented activities and educational workshops.

“The community event was a huge success filled with lots of learning for the entire family,” said Veronica Smith, Founder/President of Virtuous Precepts for Prosperous Living. “The dialogue was the necessary coming together of the family, the church and the community at large in addressing many relevant issues that affect us all. Several professionals provided practical tools to assist attendees in navigating through life circumstances. Dr. Swannie Jett stressed the importance of mutual respect when co-parenting and Mr. Kenny Tello, Mental Health Counselor introduced the idea of developing an Emotional First Aid Kit. The accomplished goal was to continue efforts to “Heal Thy Family and Build a Healthy Community!”

During the event, a panel of experts discussed topics such as drugs, sex crimes, domestic violence, suicide prevention, and teenage dropout. Panelists included individuals from a Certified Mediator, Social Worker, Law Enforcement, Health Officer, Mental Health Counselor, Attorney at Law, Compliance Specialist, Family Specialist/Community Advocate, and Clinical Supervisor. Some of the event’s presenters were Debora Drake, Pastor-Community Leader; Jascinth Brockington, Founder of the Ambidexterity Club; Jucylene Stewart, Assistant Vice President, SunTrust Bank; and Jerry Breckenridge, Business System Analyst, SunTrust Bank. Additionally, attendees had the opportunity to participate in a financial literacy workshop hosted by SunTrust Bank.

“The panel discussion topics provided an opportunity for attendees and subject matter experts to address pressing issues in our community,” said Donna Walsh, Interim Health Officer for DOH-Seminole. “To reduce stress, I encourage residents to develop an Emotional First Aid Kit. Studies have shown that stress can impact us spiritually, mentally, emotionally, and physically.”

Virtuous Precepts for Prosperous Living is a faith-based non-profit organization founded in 2015 which offers to disadvantaged families of Orange and Seminole County along with surrounding communities spiritual instructions, guidance, mentoring and enrichment leading to a well-balanced and rewarding life; through proven precepts, principles, practical skills and solutions that have personal and spiritual benefits.

Virtuous Precepts for Prosperous Living missions to Reclaim Family, Revitalize Community and Restore the Biblical Standard and Mandate for the Family. Through partnership, many programs, community initiatives, and county-wide events, Virtuous Precepts for Prosperous Living will meet the spiritual and social needs of disadvantaged families through education, training, services, and resources provided to strengthen and assist families in reaching their full potential and relevance in this world society.

For more information about Virtuous Precepts for Prosperous Living, call 321-377-7482 or visit www.v2pliving.com.

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