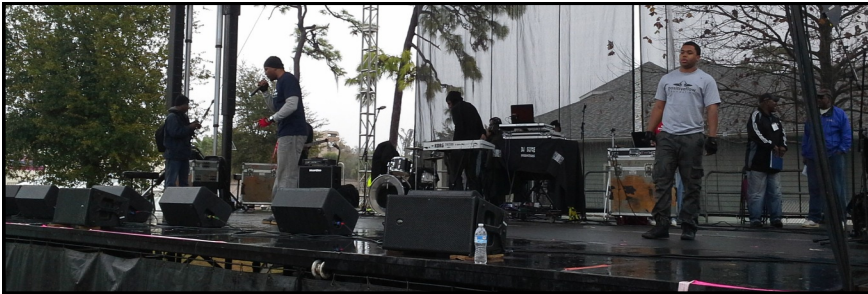


In the Community...

The early part of 2014 was filled with community events and special occasions. Positive Flow was a part of as many as we could be. From Health Fairs to parades, we represented what being Positive is all about...



The Flow



www.positiveflowfoundation.org

We believe there are many negative influences for children that prevent them from enjoying Positive Lifestyles. With empowerment sessions, leadership training, and group mentoring we motivate young people and families to live more positive lifestyles.

Volume 1

March 2014

Issue 1

Martin Luther King Jr. Parade, Eatonville, FL

Our first journey of the year started out with showing our support for the great Dr. Martin Luther King Jr. On January 18th in the Historic Town of Eatonville, we marched in the Martin Luther King Jr. Parade to celebrate his legacy of peace and unity. Dr. King was an integral part of the Civil Rights movement with laid the foundation for equality and opportunity enjoyed in America and around the world. Thousands of people were in attendance to enjoy the festivities of the day. We had a great time performing for folks as we marched down Kennedy Blvd. We were honored to be a part of this event because Dr. King stood for Positivity! All people are created equal and we all should be grateful for the lives we have.



Winter Park Unity Heritage Festival, Winter Park, FL

Our next journey was over to the city of Winter Park. On January 20th, we took part in the Unity Heritage Festival. This annual festival promotes the family history of those raised in Winter Park and it raise funds for the Educational Fulfillment Fund for local economically disadvantaged youth. Bruno and Tay let the folks of Winter Park know how it feels to have some Positive Flow. Bruno performed 'Superman' to let the men know of their duties in the community. Tay performed 'Go Head' and 'Tay Knuck' to let folks know its ok to strive to make the community better. And of course they performed 'Throw Some A's' to encourage the kids to do well in school. We definite had a great with the families in the city of Winter Park.

Zora Neale Hurston Festival, Eatonville, FL

Our next journey took us back to the Town of Eatonville to celebrate the Renaissance author, Zora Neale Hurston. On January 31, Positive Flow performed at the Zora Neale Hurston Festival for Education Day. Ms. Hurston was raised in Eatonville and her work was closely associated with the Harlem Renaissance. She influence writers such ass Ralph Ellison and Alice Walker. Students from Evans High, Lee Middle, Jones High and other schools were in attendance for Education Day. Although it was a rainy morning, the show must go on. Bruno and Nino flowed through a number of songs to inspire the kids to do their best, be helpful to others and to always have a Positive Flow.



Flow Nights...



On February 22, 2014 we had our first Flow Night. Flow Night is our group mentoring event we do once a month for children and families. We provide a safe environment for students to be positive, learn cooperative skills and enjoy a night of fun. The kids enjoyed dancing, educational games and eating pizza throughout the evening. Flow Night happens to help our children become more successful and for communities come together.

On March 29th, we had our second Flow Night. We had an increase of kids and parents attended the event. Another great night of fun, activities and presentations to the student. Flow Nights is not just fun, it's Educational Fun. Each month we bring in professionals from all types of backgrounds to come and enjoy a night with the students. These folks do presentations and participate in group sessions to talk about positive lifestyles with the students and parents.



Some of Our Thoughts of the Week:

Week of 1/19/2014:

Look for something POSITIVE in each day, even it some days you have to look a little harder.

Week of 2/16/2014:

Be respectful of those who tell you the truth, no matter how hard it may be.

Week of 3/2/2014:

Happiness isn't about getting what you want all the time, it's about loving what you have and being grateful for it.

Week of 3/22/2014:

No matter what the situation, remind yourself "I have a choice, and my choice is to be POSITIVE."



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