



## Weekend Workshops *Our Program Menu (À La Carte)*



### *Groovy Yoga*

RELAX, we're here! Put on your yoga pants and learn to twist yourself into a stress-free life through our fun & healthy yoga classes!



### *Meet and Greet!*

Meet Volunteer Coordinator Matt Chesney and Savannah the Inspiration for My Charity 4 Kids| Volunteer one. Learn How Savannah's My Charity 4 Kids was created and why its programs are sweeping the nation!



### *Savannah's Cards 4 Kids Program*

It is an amazing program with amazing results, lifting the hearts and spirits of children in need! Craft your way into their hearts. Earn Community Service Hours with a Certificate of Completion!



### *Savannah's Cakes 4 Kids Program!*

Entering a world of healthy sweets! Yes, sweets that are tasty & healthy! Baking & Learning about healthier ways to La Dulce De Vida! Community Service hours available





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### **Project: Volunteer Green**

Different locations every month offering our volunteers a chance to show how they feel about keeping Mother Earth clean. Learn what it means to keep our environment clean and different ways to do it.



### **Pottery & Plants: Create & Design the pots you plant in!**

Don't be shy! Delve right into making & learning about new ways to make Earth greener. Create your own pottery and plant your own herbs and veggies!



### **Seminars: Informative & Energized**

We educate parents and children on their psychological and physical needs. We offer Holistic & Medical solutions that have a positive impact on their sense of well-being. We give concrete advice for healthy lifestyles.



### **What's a GMO? Be Cool, Be Green!**

What are the differences?  
Which one do you think is better to eat and why?  
Which one do you choose for you and your family and why?



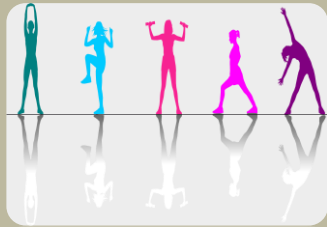


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### Music Appreciation

Be Miami's next Top DJ! Come learn what it takes to be part of Miami's biggest music scene: Electronic Dance Music! Press Play... it's Showtime! Special Hosts DJ appearances.



### Get Up & Move! Phys-Ed

Learn how to MOVE! Shape up and have fun with our Phys-Ed, Dance & Movement Trainers! So, put on your sneakers and Join Us!



### A Course in Philanthropy

Learn the fundamentals of Philanthropy from registering your *own Non-Profit Organization*, obtaining your *License to solicit donations*, submitting for a *501 c3*, selling products for your *Charity to the Art of Giving!*

*~Making e a difference in today's world~*

The Programs of Volunteer One were created for both educational and Philanthropic Awareness. They were created to be used as a study in life using health, creativity and compassion as it's foundation: To develop an awareness of one's self within the world we live in and to share that, is a goal that we strive to accomplish at My Charity 4 Kids | Volunteer One.

*~Be a difference in today's world~*

#### About Volunteer Green

- Trips to local and state water and park locations will be on the list.
- Cleanup your Town or City grounds, including specific areas such as playgrounds, parks, beaches & more.
- **Recycling:** Participating/organizing recycling events/parties. Great for individuals, schools, and clubs.



# THE 2018 VOLUNTEER WORKSHOPS!

## Welcome to Savannah World of Philanthropy!

A series of energizing and educational workshops & Volunteer Opportunities including Savannah's Card's 4 Kids & Cakes 4 Kids Program (Created by: Matt & Mark Chesney) which have gone



Groovy Yoga Classes

Cards 4 Kids: Arts  
& Crafts

Community Service  
Hours

Volunteer Green:  
Planting & Pottery

Music, Food, Games  
& Prizes

Workshops on  
Health & Well-Being  
(Organic & non-GMO  
Foods)

**MY CHARITY 4 KIDS |  
VOLUNTEER ONE**

PO BOX 442113  
Miami, FL 33144

[www.mycharity4kids.org](http://www.mycharity4kids.org)

Visit our website for  
details!

561.223.9717