

### **March Women's Self-Defense Class Begins Monday, March 2nd**

In this class, women have the opportunity to learn ways to defend themselves in different situations. Class covers techniques ranging from wrist grabs to ground defense. The goal of this class is to help women feel more prepared for the unimaginable and to become stronger mentally and physically. Class will take place on Mondays in March from 7:00pm – 8:00pm in the CRC Fit Zone Room. Class is \$30 for all 5 sessions. Registration closes on Monday 3/2 at noon and is limited to the first 15 participants. Registration is required, no drop-ins will be accepted. Female participants ages 14+ are welcome to register and prior experience with self-defense or martial arts is not required. Register at the CRC or online using Activity Number 1202060. Instructor Kailey Rivenburgh holds a 2nd degree black belt in KiMudo. Participants under the age of 18 will need a parent/guardian to sign a participation waiver before class begins.

#### 2019 Participant Testimonials

"Highly recommend to any female to learn ways to be more aware and safe"

"I now feel more aware, safe, prepared & confident should I ever be attacked. I have tools to fight back!"

### **The Freese Method {Live and Local} Weight Loss Workshop**

Calling all women over 40 who want to lose their stubborn and unhealthy body fat so that they can say “yes!” to the best things in life and never feel held back by their weight. Join Registered Dietitian Hannah Freese, online weight loss coach, and founder of The Freese Method, for an eye-opening 4-week weight loss workshop that will teach you what to eat, what not to eat, and when to eat so that you can harness the natural power of your fat-burning hormones to effortlessly burn your unwanted body fat. Using real food and no gimmicks, you’ll discover a sustainable and enjoyable way to lose weight without giving up wine, cheese, dining out on Saturday night or ever counting a calorie. You’ll come away from the workshop with less body fat, two 7-day meal plans with over 33 delicious recipes, a life-long community of support and encouragement, and most of all, fresh hope that you will meet your weight and health goals with confidence! Registration is \$265 per person for all 4 sessions. Sessions are: Wednesdays March 4th, 11th, 18th and 25th from noon – 1:00pm. Classes meet in the CRC Party Rooms. Be sure to register early as space is limited to 10 participants.