



Industry Spotlight: Mental Health and Wellness

This September the Geneva Chamber is focusing on Mental Health and Wellness.

Our area is full of resources that help to support and encourage a healthier lifestyle. The Chamber team has prepared an *Industry Spotlight* listing all of the members we work with to help connect others with what is available.

In addition, we will also be sharing weekly *Member Spotlights* to feature some of the individual businesses and any health and wellness specials that they are currently offering.

Featured Member:

Hwa Rang Kwan

Micah Ehler

Hwa Rang Kwan is a Taekwondo and kickboxing school located in downtown Geneva. Taekwondo is more than just a great form of exercise. Hwa Rang Kwan highlights benefits such as **self-reliance**, as well as an **increase in confidence, discipline, and focus**. Owner **Micah Ehler** saw the first-hand benefits of Taekwondo after attending Taekwondo classes helped him overcome being bullied as a child. This is part of what encouraged him to open his own school in Geneva.

Micah has always like helping people and felt that teaching Taekwondo was a way for him to help others. He has found that dealing with the issues that come out on the mat gives his students the tools to handle issues in other parts of their lives.

Featured Promotion:

- \$10 Introduction to Kickboxing class, including hand wraps
- \$25 2 Week trial of Taekwondo, including uniform
- Back to School Special: \$50 for 4 weeks, including uniform
- ★ 10% off for Veterans and First Responders
- **DYK!?** Those who make regular physical activity a part of their routines are less likely to have depression, panic disorder, and phobias?

Hwa Rang Kwan
 Phone: 315-456-8565
 Email: info@hrkny.com
 Website: www.hrkny.com

Currently Located at:
 73 Avenue E
 Geneva, NY 14456

New Location on November 4!

440 Exchange Street
 Geneva, NY 14456



Membership Matters! This promotion is an example of one of the Chamber's individual Member Spotlights, where an Industry is chosen, and the Chamber showcases the different member businesses within that category. This is a free benefit of Chamber Membership where we are not only telling the story of our members, but actively promoting their business through our website, featured social media posts and partner news outlets. **#LetUsTellYourStory #MembershipMatters**