

Wellness Without Limits

AUGUST

EVENT SCHEDULE



**AUG
16**

ADAPTIVE COOKING & NUTRITION CLASS

**BOLTZ
STRONG**

Date & Time

Saturday, August 16th | 2:30 – 4:30 PM

Location

10718 Schlottman Road
Loveland, OH 45140

Registration

Capped at **10 participants**

<https://autismcincy.org/wellness-without-limits/>

SCAN HERE



FREE!

ART IN MOTION

PONES

Date & Time

Sunday, August 17th | 1:00 PM

Location

Cincinnati Art Museum
953 Eden Park Dr, Cincinnati, OH 45202

Description

A creative and inclusive afternoon where movement is paired with the beautiful art displayed in the museum!

Registration

<https://forms.office.com/r/HUD8UbpJ6a>

\$10 AT THE DOOR

SCAN HERE



**AUG
17**

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QUESTIONS? EMAIL SAMK@EMPOWERMELIVING.COM