

August Classes

08/2 Wednesday: Self-care Day 4:30pm-6:30pm (Nail care)

08/3 Thursday: Yoga 2:30-3:30pm

08/5 Saturday: Self-defense class 12pm-1pm (Location: Boss Martial Arts, 931 McPherson Ave 45205)

08/8 Tuesday: Game Night 5:30pm-7:30pm

08/10 Thursday: Yoga 2:30pm-3:30pm

08/11 Friday: Bingo 5:30pm-7:30pm

08/12 Saturday: Self-defense class 12pm-1pm (Location: Boss Martial Arts, 931 McPherson Ave 45205)

08/14 Monday: Let's Talk 5:30pm-6:30pm

08/15 Tuesday: Vision Board 12pm-2pm

08/16 Wednesday: Job readiness class 12pm-1:30pm

08/17 Thursday: Yoga 2:30-3:30pm

08/19 Saturday: Self-defense class 12pm-1pm (Location: Boss Martial Arts, 931 McPherson Ave 45205)

08/23 Wednesday: Job readiness class 12pm-1:30pm

08/24 Thursday: Yoga 2:30pm-3:30pm

08/25 Friday: Movie Night 5:30pm-7:30pm

08/28 Monday: Let's Talk 5:30pm-6:30pm

08/31 Thursday: LAST DAY OF PROJECT POWER/PREP PROGRAM GET TOGETHER 5:30PM-7:30PM!

COME CELEBRATE OUR LAST DAY IN THESE TWO AMAZING PROGRAMS, LIGHT SNACK AND DRINK WILL BE PROVIDED, COME DANCE THE NIGHT AWAY!