



JUMP, MOVE, FLASH!

Connecting Community

through POP UP SPORTS & FLASH FITNESS events!

What? Pop-up fitness and group sports, including fun games

When? One each month, first date: **Saturday, September 20th from 1-3p at the grounds of Harvey Rice K-8 and Rice Library (near St. Lukes Point)**

How? Just show up and have fun with family and friends



Fitness:

- Kickball
- Volleyball
- Flag football

We offer fun activities like...

- Catching games
- Jump rope
- Zumba

Wellness Opportunities:

- Meditation
- Yoga
- Tai Chi

- Power snacks
- Healthy eating blitz
- Smoothies/juices



More info call (216) 318-4074

or visit online at www.LetsHealCleveland.com



Shaker, Lakewood & Woodland Hills