

August 2024 Programs & Events



Family Fun Outdoor Movie Night featuring 'IF!'

Outdoor movie feature, music, outdoor swimming, balloon twisting, games, and more!

Friday, August 9 Members/Nonmembers \$8 per person (adult or child) or \$20 for a family of 5. Children under 3 FREE. Registration deadline, August 3

Healthy Living Workshop: 'The Science of Sound'

Learn how sound therapy can help you enhance your sleep, reduce stress and anxiety, and support emotional healing. Experience how the sounds and vibrations of a sound bath meditation can support your overall health and well-being. Wednesday, August 14, 12:30

'Sound Bath' Meditation

Release stress, focus your mind, and cultivate inner peace through the therapeutic vibrations and sounds of our multi-instrumental group sound bath meditation class.

Tuesday, August 20, 7 – 8:15 p.m., Conference Room A/B Members/Nonmembers \$35
To register call 513 246 2636

Cooking Demo: 'Not Your Average Snacks'

Join registered dietitian, Kate Spitzer, as she prepares delicious and nutrient dense snacks to help keep your energy up and hunger at bay. Wednesday, August 28, 12:30 p.m. Conference Room A. FREE to Members, Nonmembers \$10

Get 'Back to School' Ready!

Book Keith's Eminence Sculpting Facial Massage and enjoy a complimentary Eminence skincare mystery product. This special massage technique improves the appearance of your facial skin by stimulating the underlying layers of skin and soft tissue.

PACE – Pavilion Before/After School Community Enrichment Program

This enrichment program is ideal for parents and children, ages 5-12, who require early morning before school care and/or afternoon drop off or after-school care.

PACE runs May – August. Call 513 246 2647.

Kids Life Center Friday Night 'Fun Zone' – Date Night! 4:30 -7:30 p.m.

3 hours of fun and activities. Registration begins one week in advance. Not held August 9.

Members/TriHealth Team Members: first child \$20, each additional child \$5.

Nonmembers: first child \$25; Each additional child \$5. Call 513 246 2615.