

**Check Out New Strong4Life Classes--Self Defense March 16-21, Mommy and Me**

The Strong4Life team is excited to announce two new classes this month for employees. View the schedule and descriptions below and join us.

**Self Defense Classes March 16-21**

Want to learn how to defend yourself? We're offering FREE self defense classes at the three hospitals and The Park starting March 16. We only have 20 slots available so sign up now.

This one hour class is an introductory-level self defense class open to all employees. Led by instructors Peggy and Steve Brown from Imperatori Karate, it's a hands-on class where you will learn to be more aware of your environment, as well as basic kicks, punches, and blocks to protect yourself against predators.

Again it's completely free to sign up and attend the class. Simply email Strong4life at [Strong4life@choa.org](mailto:Strong4life@choa.org). The first 20 people at each location to email will secure their spot.

**Children's at Hughes Spalding**

Friday, March 16, at 3 p.m.

**The Park**

Monday, March 19, at noon (Class full)

Monday, April 16, at noon

**Children's at Egleston**

Tuesday, March 20, at 2 p.m. (Class full)

Tuesday, April 17 at 2 p.m.

**Children's at Scottish Rite**

Wednesday, March 21, at 3 p.m.

Classes are in the Strong4life rooms at each location.

**Mommy and Me Classes -- Tuesdays and Thursdays at The Park**

New Moms: Learn how to incorporate your baby in everyday physical activity and increase your bond. Join the new Mommy and Me classes at The Park every Tuesday and Thursday from 2:30–3 p.m.

Reggie Greene, our instructor at Hughes Spalding, will lead you through a 30 minute, low impact total body workout specifically tailored for you and your new little one. We'll use multi joint movements to burn fat, build muscle and strengthen the core. The workout is straightforward, and simplistic yet reasonably intense.

Feel free to bring your baby to class or just come and observe to learn the movements. The class is structured for you to mimic at home as you like.

Mommy and Me

Tuesdays and Thursdays

2:30–3 p.m.

The Park, Strong4Life Room

