



**NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE**



HUDSON
TWINSBURG
SOLON

JULY NEWSLETTER

United in Motherhood

STANDING IN SOLIDARITY | #BLACKLIVESMATTER



Events & Happenings

We know how challenging these past few months have been, and as always, we are here to support you. Our number one concern is for the safety of you and

your family. In accordance with the guidelines and regulations of the CDC, WHO and local government, we are preparing to gradually return to in-person Stroller Strides classes starting July 6. That said, we will continue to provide virtual offerings if you are not quite ready to return to class just yet. We respect that this is an individual decision. We will be thrilled to welcome you back, but we acknowledge the necessary changes to certain former practices.

View our Outdoor Class Reopening Policies [here](#)

To try out a FREE fitness class, whether virtual or in-person, fill out this [form](#)

We would love for you to join us, mama!

In-Person Class Schedule Starting July 6

Monday evening workouts will alternate between Stroller Strides and Strides 360 each week. Check our [schedule](#) to see when each is offered.

| | FIRST CLASS IS ALWAYS FREE! | | | | | |
|---|---|------|--------------------------------|-------|--------------------------------|-----|
| | MON | TUES | WED | THURS | FRI | SAT |
|  GlenMeadow Park Twinsburg | 9:30 AM Stroller Strides | | 9:30 AM Stroller Strides | | 9:30 AM Stroller Strides | |
| | | | | | | |
|  Hudson Montessori School | 6:00 PM Stroller Strides/ Strides 360* | | | | | |

*Monday PM class will alternate Stroller Strides and Strides 360 every other week
**On bad weather days, class will be virtual on Zoom

Virtual Schedule Starting July 6

We will continue to host virtual classes, MNI and playgroups for you and your littles, open to members only. Playgroups will continue to be every other week. Starting in July, MNI will be once a month and we will no longer hold a virtual coffee chat

We are partnering with FIT4MOM Cuyahoga Falls - Stow - Kent to bring you a virtual workout for every day that we offer an in-person Stroller Strides class. Monday mornings you can try out a virtual Stroller Barre class!

| | FIT4MOM Hudson, Twinsburg, & Solon / FIT4MOM Cuyahoga Falls - Stow - Kent | | | | | |
|---------------------|--|----------------------|--------------------------------|---|--------------------------------|----------------------|
| | MON | TUES | WED | THURS | FRI | SAT |
| Virtual Schedule | 9:00 am Stroller Barre FIT4MOM Cuyahoga Falls - Stow - Kent | | 9:00 am Stroller Strides | 10:00 am Virtual PlayGroup (EOW) | 9:00 am Stroller Strides | 8:00 am Body Back |
| | | 7:00 pm Body Back | 6:00 pm Strides 360 | 6:00 pm Stroller Strides FIT4MOM Cuyahoga Falls - Stow - Kent | | |

*All classes and meetups on Zoom meeting, link provided in private FB groups for members

No Classes July 3-5

We hope you all have a wonderful 4th of July holiday with your family!

All classes will be cancelled from July 3-5 so that the FIT4MOM HTS team can enjoy some relaxation and family time.

We'll be back July 6 and more ready than ever to sweat and connect with you virtually or in-person at our first outdoor class of 2020!

HAPPY 4TH
OF JULY!



Attention Teachers!

THANK YOU for all the hard work you have put in over the past few months to

make sure our children continued to learn at home!

We are discounting our Teacher's Pass starting July 1 so that you can join us for our outdoor classes this summer!

Get 2 months of UNLIMITED Stroller Strides AND our NEW Program Strides 360 for \$120 -- that's up to 6 classes a week (virtual or in-person) for only \$2.50 per class!

Not a teacher? Forward this email to a teacher friend that you'd love to have join us in class!

**offer valid only for teachers and not valid for current members*

[PURCHASE NOW](#)

Body Back® Summer Series

We are almost halfway through our Body Back® Summer Series!

Want to join us and finish off your summer strong?

From July 15 - July 31, use code **SUMMER50** to get **50% OFF** the Body Back® Summer Class Pass or the Body Back® & Strides 360 All Access Pass.



[COUNT ME IN!](#)

Run Club+ Late Summer Session Starts July 22

Our second Run Club+ 8-week summer session runs from July 22 - Sept 9 with a virtual race on Sept 13.

You get:

- One Strides 360 class per week
- A detailed training plan (5K, 10K or half marathon)
- Access into a private Facebook group
- Support and check-ins from your coach
- Registration (including bib and medal) into a virtual race



[PURCHASE NOW](#)



Mama of the Month

Meet Allison Dirham, our July Mom of the Month! In this series we feature a mom in our Village each month.

Tell us about your family: My husband Tom and I have been married for 8 years. It's hard to believe that our family is now complete with three beautiful children. Lily is 5, Lincoln is 3 and Jacob is 1 year old. They all make my world go around and my life worth living. I can't believe how much I am blessed.

Hometown: Macedonia



Current/previous career: I am a pediatric audiologist at the Cleveland Clinic and have been for 14 years. I went part time after maternity leave and it has been one of the best opportunities for our family!

What does motherhood mean to you? Motherhood means that I get the privilege to not only create but pour life and lessons into these tiny humans and greatly affect who they become. It also means cuddles, kissing boo-boos, teaching and learning from them, celebrating things I didn't even know needed celebrated (how many birthdays a year do the stuffed animals have?!), remembering their everythings, recording our lives through pictures so I can sit and cry effectively when they are older. It will always be my greatest job, challenge and blessing.

How did you find FIT4MOM? I found the group when my oldest was just 7 months old, the second week after the franchise classes started and have stuck around since! I was still figuring out how to go out and about with this little person and found I wasn't the only one! It was an awesome way to connect and vent with other moms. Oh and I worked out!

What classes do you currently attend and why do you love them? I have typically only attended Stroller Strides over the years. However, I recently tried Body Back during the anniversary celebration and would like to try to make it work in the future!

How has FIT4MOM changed your life? It gave me a support system that I didn't have of people in my stage of life. We all had a common thread and I feel blessed to have met and known so many amazing moms. They were there for me through two more pregnancies, my youngest's surgery and countless stages and milestones.

Favorite exercise: Squats

What's one thing you would go back and tell yourself as a new mom? There isn't a right answer to most of the things you are thinking so choose boldly and go with it, they are going to be amazing!

Proudest Moment: When I finished nursing my youngest at 14 months old and realizing that a stage of my life was ending but that my body had done it, carried, birthed and nursed three beautiful children for nearly 6 years straight.

Questions for kiddos:

How old is Mommy?

Lily 5: 28

Lincoln 3: 14

What's something Mommy always says?

Lily 5: I love you!

Lincoln 3: We're gonna get a sucker!

What is mom really good at?

Lily 5: Making PB&J

Lincoln 3: Work

What's mom's favorite thing to do?

Lily 5: Play with me!

Lincoln 3: Help daddy on stuff

What makes you proud of your mom?

Lily 5: That she always gives me the best hugs.

Lincoln 3: Hikes

Raising kids for the movement, not just the moment

Written by Olivia Potash

My name is Olivia Potash. I am a 34 year old mother to our son, Omri, who we adopted from birth in 2018 in Columbus. Omri is 100% Somali. We have an open relationship with our son's birth mother.

When we began our adoption process in 2016, we were required to complete a series of trainings. One exercise that we completed during our training always sticks out in my mind. We were given a dixie cup and a pile of various colored beads. We were told to put a bead that represents the ethnicity of a child you think you will be matched with in the cup first. My husband and I were always open to adopting a child of any race, so we placed a brown bead in our cup. Then our instructor asked us to place a bead color that represents the race of the members of your immediate family, so a white bead went into the cup. Next, your neighbors. Another white bead. Your family physician, then your coworkers, and your friends. More white beads.



We began to see that this brown bead was being surrounded by a sea of white beads. It hit us like a ton of bricks. Our potential future child's surroundings weren't diverse and would not be a reflection of who they were. It was then and there we knew that we needed to make some changes. Take a minute to mentally do this bead exercise in your head. Who are your children surrounded by? What shows or movies do they watch? Are their teachers, caregivers, doctors, and community helpers all white?

A friend of mine, who is also a white mother of adopted black children, told me a story of the time she and her kids were in the playland area of a local McDonald's and a white child asked if her son was "covered in mud". The white child was no older than 5. Clearly, this child had never seen a person of color before. Are you confident that your child would not say that about a black child? Exposure to other races and diverse representation is imperative for our children. Racism is taught and learned. Children hear your words and see your actions. Even small microaggressions. Do you notice that your children avoid or do not choose to play with children of color at the park? Do your children always choose white dolls?

We knew that we needed to make some big changes in our lives. It started with reexamining my relationship with an individual I knew to be racist. I had maintained a friendship for 20 years with a woman whose political and social views were very different

from mine. I thought I could keep our friendship and politics separate. She said things like “I don’t want my son to attend that school district, it’s getting too black” and “I don’t want to send my child to that daycare, there are too many black people working there and I don’t want my son to learn ebonics instead of proper English”. I was guilty of being silent and complacent for too long. When our son was born, I knew I had to cut her loose.

We also made it a point to meet other non-white families and to socialize with them regularly: black families, families of mixed races, and families with adoptive children. We read books on white fragility, and went to events that celebrated African American culture to learn all of the traditions we could. We made sure our son’s toys, dolls, shows, and books had diverse representations. And every night, we read a book to him that is titled *I Am-Positive Affirmations for Brown Boys*. At 2, our son repeats the affirmations: I am kind, I am handsome, I am smart, I am important, I am able, I am loved.

It is never too early to begin anti-racism conversations with your child. There are tons of books and resources available to aid in the conversation. I recommend children’s books like *Sulwe* by Lupita Nyong’o, *The ABCs of Diversity: Helping Kids (and ourselves) Embrace Our Differences* by Carolyn B. Helsel and Y. Joy Harris-Smith, and *Hair Love* by Matthew A. Cherry. For parents, I recommend *Stamped From the Beginning: The Definitive History of Racist Ideas in America* by Ibram X. Kendi and *White Fragility: Why It’s So Hard for White People to Talk about Racism* by Robin Diangelo.

Growing up with white privilege, I know that I will never understand the hatred and systemic racism that the black community has endured, but one thing that does resonate with me is the fear black mothers have. The fear that our children won’t return from playing in the park, going to the corner store, or a party. I pray that my son never fits the description and I don’t look forward to the necessary talks that I will have to have with him about what to do if he is approached by police.

Thank you so much for taking the time to read this. Our children truly are the future, so let’s raise them to be the ones to make a change for the better in our world. And remember, Black Lives Matter.

Want to join our Village? Your first class is always free!

[LEARN MORE](#)

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juliebutt@fit4mom.com

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