



**NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE**



Hudson, Twinsburg, Streetsboro

September Newsletter

Class Schedule

	FIRST CLASS IS ALWAYS FREE!					
	MON	TUES	WED	THURS	FRI	SAT
Glen Meadow Park Twinsburg	9:30 AM Stroller Strides		9:30 AM Stroller Strides		9:30 AM Strides 360	8:00 AM Body Boost
Hudson Montessori School	6:00 PM Stroller Strides					
St. Joan of Arc Streetsboro		7:00 PM Body Boost				
Virtual Schedule		7:00 PM Body Boost	7:00 PM Strides 360			8:00 AM Body Boost

Please Note:

There will be no virtual Strides 360 class on Wednesday, September 1.

There will be no classes on Labor Day, Monday, September 6th.

Events & Happenings



Mini Strides Playdate

September 1, 10:30am

Glenmeadow Park

Join us for a mini Stroller Strides play date! Bring a toy stroller, shopping cart, or other push toy with you for your little one(s) to use and we'll lead them through a mini workout- just like mama!

Mini Stroller Strides

Italian Dinner Mom's Night Out

September 10, 6:30

Sisily's House

Join us for a patio party including dinner and a relaxing evening by the fire! Sisily will make lasagna, please bring a dish or dessert to share!



Mom's Night Out Italian Dinner



Dad-urday

Sept. 18, 9:30

Glenmeadow Park

Stroller Strides isn't just for Mom today! Grab your spouse (or a partner) and join us for a family class complete with lots of competitive fun! This class is FREE for everyone!

Dad-urday

Pepperoni Pizza Craft

September 20, 10:30

Glenmeadow Park

☐ Today is Pepperoni Pizza Day! ☐ In honor of the most popular pizza ever created, join us as we create our own 'paper pizzas'!



Pepperoni Pizza Craft



September Brunch

Sept. 21, 10am

Ruth's House

Bring the kids and join us for good conversation, coffee, and yummy brunch! Please bring a dish to share.

Sky Zone Little Leapers Playdate

Sept. 26, 9:30-11:00

Sky Zone Boston Heights

Join us at Sky Zone in Boston Heights for Little Leapers! Bring the littles and enjoy a fun morning of jumping and bouncing!



Sky Zone Little Leapers Playdate



Johnny Appleseed Playdate

Sept. 27, 10:30

Glenmeadow Park

Today is Johnny Appleseed Day! Join us after Stroller Strides as we read some apple themed stories and create our own Apple Pie play dough to take home!

Johnny Appleseed Playdate

Special Event- Climb out of the Darkness

Sept. 19, 4pm

Hudson Springs Park

Mamas - Come climb with us! On Sunday, September 19 at 4pm, join us at Hudson Springs Park to support Climb Out of the Darkness Ohio, a family friendly walk to raise awareness of maternal and paternal mental health issues and Perinatal Mood and Anxiety Disorders (PMADs). Funds benefit the Ohio chapter of Postpartum Support International, a nonprofit organization that provides education, awareness, online and telephone support, and linkages to local resources for families. The walk will include refreshments, stories from survivors, and kid friendly activities. Our own member, Charlotte Plank, is one of the organizers for the event and will be there, along with her family. Here's what Charlotte has to say:

"The first 12 months of motherhood were incredibly challenging for me, and I had an incredibly difficult time suffering from postpartum depression, anxiety, and PTSD related to a traumatic birth. I found so much support through POEM, an affiliate of PSI, and I have since completely recovered through the use of medication, self-care, group & private therapy, and time. I encourage all moms (pregnant & postpartum) to reach out for support. You are not alone!

Please consider joining us to spread awareness and hope in quest to make sure every mom in Ohio feels supported and not alone."

There are two ways you can help -

1 - Donate to our page at the link below and/or share with friends and family members to ask for donations. You can also share our post on our public FB page. <https://cotd-2021.causevox.com/team/team-ohio>

2 - Come out to the walk and invite your friends and loved ones. Details about the event can be found here: <https://www.facebook.com/events/892450794960442>

Let's get a group together to represent FIT4MOM HTS!

Postpartum Support International's Climb Out of the Darkness is the world's largest event for raising awareness of perinatal mood and anxiety disorders, while raising money and building community.

You are not alone. You are not to blame. With help, you will be well.

Climb out of the Darkness Event

Mama of the Month

Meet Sonja, our September Mama of the Month

How did you meet your husband?

My best friend and her husband (boyfriend at the time) work with him and introduced us.

Where are you originally from?

Mentor ohio

Whats on your bucket list?

A trip to Greece or staying in those little cabanas over the ocean.

Who is your celebrity crush?

Tyrese

If you were nicknamed after a pregnancy craving, what would your name be?

Soft pretzels with cheese

Where is your favorite place to travel?

Traverse City Michigan and Gatlinburg Tennessee

Favorite hobby?

Shopping! Haha! And also hanging out with my family

What does motherhood mean to you?

So much love and frustration! Haha being extremely busy at all times.

How did you find FIT4MOM?

I met Charlotte at the park when I was there with my mother in law and daughter. She told me all about it and I joined the following week. I do Stroller Strides now, it is basically the only class my schedule will allow.

How has FIT4MOM changed your life?

I finally got back to working out and this holds me accountable! I love it!



What is your proudest moment as a mom?

Honestly every time I see Emi being kind to others! Hits me in my heart strings every time!

What is one thing you would go back and tell yourself as a new mom?

It will all be ok in a couple months! Also, you are doing just fine!

Questions for Emi (age 4)

How old is mommy?

-50! Then she said 17 or 19

What is something mommy always says?

Please don't say a bad word!

What is mom really good at?

Protect us

What is mom's favorite thing to do?

To get dressed

What makes you proud of your mom?

I like when she says you can pick 2 books when its late

Sonja, we are so happy to have you as a part of our Village and can't wait to see you continue to crush your goals!

FIND A CLASS



FIT4MOM Hudson, Twinsburg, Streetsboro
Amy Hoover amyhoover@fit4mom.com

Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove®

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

2067 Summers Ave
Streetsboro, OH | 44241 US

This email was sent to .

To continue receiving our emails, add us to your address book.

emma®

[Subscribe](#) to our email list.