

LIFE SERIES

SAVE THE DATE for Wednesday, June 8, 2022 at 1:00 pm

Be Better Prepared for an Emergency

L.I.F.E. SERIES

BE BETTER PREPARED FOR AN EMERGENCY

Wednesday, June 8, 2022 @ 1:00

Presenter: Jim Hansel, Firefighter, Program Manager of the Pima Community College Fire Academy, Instructor for Texas A&M TEEXS Program and Instructor for Los Angeles Fire Department.

No one can predict when an emergency will happen, so being diligent about finding and avoiding assumptions in your preparation is vital.

To assist in that effort, join Jim Hansel who has 25 years of experience as a first responder. He will share information on how you can improve your situation and will provide stories of what can be done to help make your efforts worthwhile. You will appreciate having this information for future reference.

Reservations are being taken by emailing:
darla.g@desertsportsandfitness.com or calling 520722-6300

Guests are welcome!

LIFE SERIES



L.I.F.E. SERIES

MIRACLES DO HAPPEN

Thursday, June 23, 2022 @ 1:00

Presenter: Antonio Strevay, Firefighter &
Former Manager of Our Eastside Club

Antonio was driving home on I-10 last year with his wife and daughter in the car. He saw a tire fall off a semi headed towards them, he swerved thinking it was going to hit on the passenger side, the tire then crashed through his side on him. Wife and daughter were not hurt. He was and flown to Barrows Neurological Hospital in Phoenix. They told him he would probably be there for one year. His response: you've got for 4 months!

Do not miss his enlightening story on how focus, mindset, love of family and being in excellent physical shape may have helped pull him through. He will have your attention the entire hour. Promise!

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L.I.F.E. SERIES

June 28, 2022 @2:00

TRUERELIEF – NON-INVASIVE, NO DRUGS (FDA-CLEARED)

DR. LAVOR, RETIRED VASCULAR SURGEON, FORMER WOUND CARE
DIRECTOR @TMC

Seventy Members attended his two programs last month. Those who did not attend are now hearing details about TrueRelief and have asked for another program. If you have arthritic pain, shoulder, knee or ankle pain, think about attending. If you have acute, chronic or post-surgical pain, be sure to save this date as well. It even helps to heal wounds. In other words, it can treat almost any type of pain. What is also good news: it is a PAINLESS treatment.

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June 21, 2022 @ 1:00
Featured Speaker: Millwood "M" Craig

WELCOME TO ORIGAMI

It is an absolute pleasure to introduce the one and only "M" Craig, one of the best teachers in the Origami world.

Origami is an avenue that provides both mental and physical stimulus with exercise. Origami helps develop hand eye coordination, fine motor skills and mental coordination. The use of hands directly stimulates areas of the brain. It is used in various therapeutic settings, including art therapy and in stroke and injury rehabilitation.

This talented woman is an inspiration to many with her gift of singing and through the art of Origami. "M" was raised in a multi cultural Japanese/American Air Force family that traveled thru-out the USA and Japan. She was exposed at a young age to the Japanese arts and chose to study Fine Arts at Mills College in Oakland, California.

The Longest Day fund-raising effort has deep meaning for "M" having lost both of her parents to ALZHEIMER'S.

Plan on learning a lot through hands-on experience and having a ton of fun in the process.

Make reservations for another free seminar by responding to email, call 520/722-6300 or sign-up in the club.