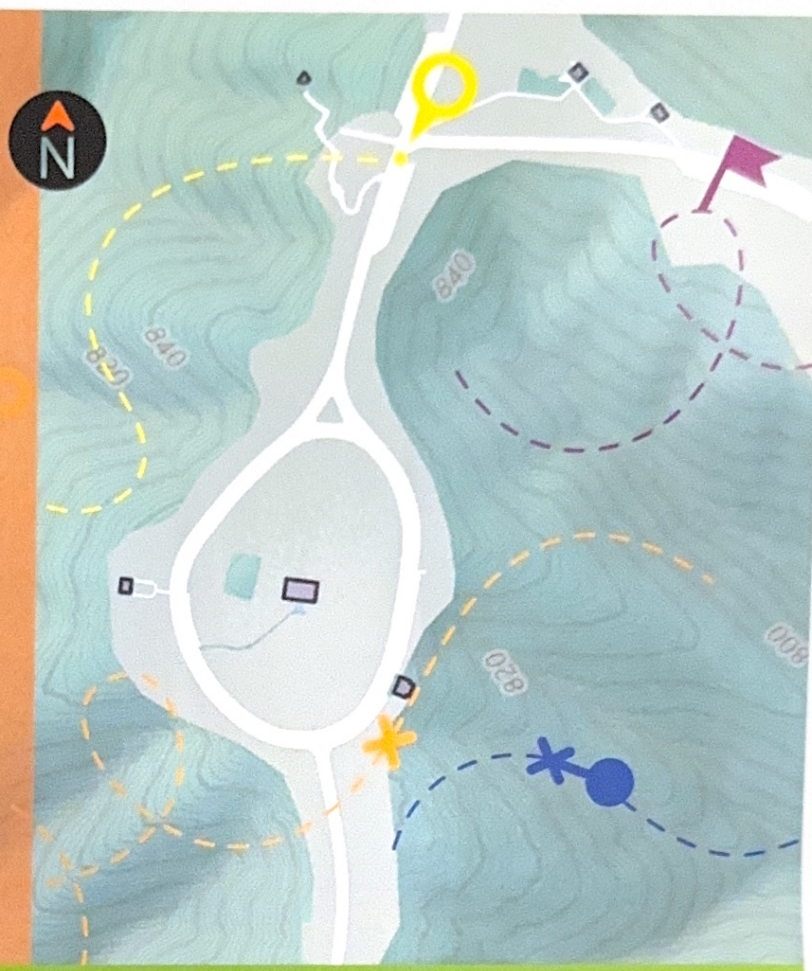


- Lodge Rd
- + Family Friendly Outdoor Activities
  - + Live Music
  - + Food & Beverage Trucks
  - + Craft Area
  - + "Green Talk" Panel Discussions
  - + And More!



A FREE Community Festival  
CELEBRATING OUTDOORS IN CINCINNATI



# MT. AIRY trailfest

**SEPT 13, 2025**  
**11AM - 4PM**  
OAK RIDGE LODGE



SCAN THE CODE TO  
BE PART OF THE FUN!





## Want to get yourself out of back pain?

Brian Shircliff, a Guild Certified Feldenkrais Practitioner®, leads gentle, in-person classes Monday nights from 6:30-7:30pm at VITALITY:



*free class on Sept 8*  
*5-class series for \$100 on Sept 15, 22, 29 + Oct 6, 13*

## Want to make walking easier so you can maintain your bone health?

Then **Bones for Life®** is for you! In-person classes Tuesday mornings from 10:30-11:45am at VITALITY, using Ruthy Alon's inspired ideas >



*free class on Sept 2*  
*5-class series for \$100 on Sept 9, 16, 23, 30 + Oct 7*

## Want to do super easy tai chi in the College Hill Park (next to Tortilleria Garcia)?

All welcome – every September Tuesday morning from 9:15-9:40am (rain site: VITALITY)



VITALITY



# vitalitycincinnati.org

1551 Marlowe Ave, College Hill/Cincinnati 45224

(513) 300-5174