

Movement and Power for Body and Mind

2017 ETHOS WINTER GAMES!



Team Hope		Team Courage	
Alison Rosen	Linda Cavanagh	Alison Browdie	Karen Capone
Betty Hicks	Linda Henninger	Amberle Miller	Karen Sweeney
Carol Bullen	Maria Jones	Anna Kozlowska	Kathie Cashion
Jamie Oberholtzer	Michelle Gouhin	Barb Brobst	Lena Hershey
Jen McKay	Monica DeEmilia	Betsy Kusniez	Liz Dete
Jennifer Johnson	Natalia Chromiak	Elizabeth Ginter	Mary Comitale
Kathy Singiser	Nicole Donovan	Jane Jardine	Patty Williams
Katie Long	Sara Gelbaugh	Jen Wasiak	Stephanie Smith
Larisa Juday	Silvia Rodden	Jodie Williford	Terre Bonshock
Laura Soper	Tess Wardell	Julia Bliss	Ed Hicks
Sue Koch	Tracy Sniscak	Kelly Decker	Tanya Ware
Tracie Vohs	Amy Kellam	Katie Daniels	Anja Rowan



WARRIOR SPIRIT RETREAT

FINAL Bonus Tasks: March 6-12

Check point values for each task below.

#EverybodyWins

- **Show up.....**at Ethos and earn 2 points for EVERY class you attend this week!
- **Share.....**your favorite recipe on fb or in our lobby and earn 3 points per day that you share a recipe!
- **Eliminate.....**all dairy.
- **Explore.....**vegan meals! We will share lots of ideas with you. 1 point for each breakfast, 2 points for each lunch and 3 points for each dinner!
- *Report bonus points in-house, email, fb message or text by 7pm SUNDAY, MARCH 12*
- *Earn 1point for every class you attend. Attendance points are tracked daily.*

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