



Instructor Script for United We Sweat Classes

Thanks for joining us today at this free United We Sweat class.

United We Sweat is a network of free health and wellness activities in Lorain County that is powered by United Way of Greater Lorain County. The goal of United We Sweat is to ensure everyone has access to quality options no matter their location, age, or skill level.

You can visit UnitedWeSweat.org to find more free classes and events throughout Lorain County, and if you are able, you can make a donation on the website to keep these options free.

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All classes and events are free and open to the public.

unitedwesweat.org

