

## **F!ght L!ke a G!rl August Class & Event Schedule**

**Location: Silver City Recreation Center/F!  
ght L!ke a G!rl Headquarters**

**1016 Silver Street, Silver City, NM 88061**

**For Questions Call Lydia: 575-313-5872**

**All Supplies Provided – Classes Are Free**

**F!ght L!ght a G!rl, Walk & Help Keep Our  
Town Clean by Picking Up Trash Monday,  
Wednesday, Friday – 7:00 AM to 8:00 AM -  
Meet at Silver City Recreational Center -  
Lydia Villegas, Leader**

**Cafecito With Elsa Hangl – Wednesday –  
8:00 Am to 9:00 AM, Come Enjoy Coffee  
and Learn Conversational Spanish With a  
Certified Spanish Bilingual Teacher**

**Trauma Informed Class – Wednesday & Thursday – 5:30 PM to 6:00 PM**

**Learning to Understand What Trauma is and How It Impacts Mental, Physical and Social Wellness – Ashton Justice, Instructor**

**Yoga L!ke a G!rl – Trauma-informed Healing Yoga - Wednesday – 6:00/7:00 PM**

**Yoga L!ke a G!rl – Trauma-informed Healing Yoga – Thursday – 6:00 Pm/7:00 PM**

**Ashton Justice, Instructor**

**“points to Serenity” - Catarina Di Palma, Doctor of Oriental Medicine - Group Style Acupuncture Treatment – Tuesday, August 13th – 5:45 PM to 6:45 PM First Come First Served**

**Hike L!ke a G!rl – Sunday, August 25th –  
Meet at Flag Headquarters at 7:00 AM Hike  
Will Be at the Back Side of Signal Peak,  
Approximately 8 to 11 Miles Long, Hike  
Leader Esperanza Quintero – Bring Your  
Hiking Gear and Water – Girls & Women  
Only Please, Call Lydia for Any Questions**

**F!ght L!ke a G!rl Board – August 8th at  
9:00 AM – 89.1 Kuru Radio Station, Talk  
About Flag and August Schedule**

**F!ght L!ke a G!rl Board – August 15, 2024  
– Presentation of Flag Organization at  
Silver City Lion’s Club Headquarters**