

The Beautiful Strength Project



The mission of The Beautiful Strength Project is to empower women to be their best selves by creating a safe place for women to come together, build community and discover how health and physical activity play key roles in our overall wellness.

Days/Times: Mondays and Wednesdays from 1:30-2:30 - September 17th through November 21st

Location: The Strength Factory (Superior Business Center) - 1423 N 8th Ave E #109, Superior, WI

Suggested donation is \$3-\$5 per class, but everyone is welcome regardless of ability to pay.

Register: call or text Jessica @ 218-260-1023

Facilitators: Kelly Kellar, Owner of The Strength Factory & Jessica Karpinske, Owner of Rooted In Wellness

This group is reserved for women who have received services from CASDA. Come as often as you like! No commitment to attend a certain number of sessions. Participant information will be shared with CASDA for their records, but will otherwise be kept strictly confidential.

This project is a partnership between CASDA,
The Strength Factory and Rooted In Wellness.

