

YOGA

WITH JESSICA TRESKO



The village is proud in continuing partnership with Jessica and her yoga classes since 2016.

Join us once a week via virtual or in-person format.

Ages 10 and above of all skill levels are welcome!

Classes ranging from:

VINYASA FLOW

matches the breath with movements; works up a vigorous sweat

RELAXATION

supported relaxing positions on the floor; props needed

YIN

deep stretching on the floor



WHEN:

Saturdays - In person format from 9:15 - 10:15 am

WHERE:

Virtual classes on Zoom - email & Zoom needed to access.

In person classes - upstairs auditorium at the village hall located at 4863 East 71st St.

COST:

Residents - FREE

Non-resident guests - \$5 per class (can be pre-paid or paid day of class)

Pre-registration is required.

Forms can be found on our website at cuyahogaheights.com



HALLOWEEN COSTUME DRIVE-THRU







Personalized Coffee Mugs

These mugs make great gifts for friends, family, teachers, coworkers, etc.

12.50 Each



12 oz mugs are microwave and dishwasher safe

Personalize with Photos, Quotes, Kids artwork, And many other customizations

Feel free to contact me if you have any questions, need ideas, or for any special customizations:

Kristine Kovelan 216-258-8021

Email: kriskove@outlook.com

4941 E. 71st (on the corner of Bletch and 71st)



Christmas Swag Night!





**CUYAHOGA VALLEY
CAREER CENTER**

Your College & Career Connection

Student & Parent Information Night

Thursday, January 18, 2024

7:00 pm

***Your chance to explore programs at the Career Center.
Meet the teachers and ask questions!***

ARTS & COMMUNICATION:

Digital Design
Graphic Imaging Technology
Media Arts

BUSINESS & ADMINISTRATIVE SERVICES:

Medical Administrative Specialist

CONSTRUCTION TECHNOLOGIES:

Building & Property Maintenance
Construction Trades
Electrical Systems
Heating & Air Conditioning

EDUCATION & TRAINING:

Education Professions

ENGINEERING & SCIENCE TECHNOLOGIES:

Architectural & Mechanical Design
Engineering Technology

HEALTH SCIENCE:

Dental Assisting
Health Careers
Sports Medicine Exercise Science

HOSPITALITY & TOURISM:

Culinary Arts & Food Services
Hotels & Resorts

HUMAN SERVICES:

Cosmetology

INFORMATION TECHNOLOGY:

Computer Networking Academy
Programming & Software

LAW & PUBLIC SAFETY:

Fire & EMS Academy

MANUFACTURING TECHNOLOGIES:

Machine Technology

TRANSPORTATION SYSTEMS:

Auto Body Repair & Refinishing
Auto Service Technology
Power Equipment Technology
Transportation Systems

COUNSELOR RECOMMENDATION PROGRAMS:

Job Training
Sales & Service Fundamentals
Transition to Work



**FROM ALL OF US AT THE VILLAGE HALL,
WE WISH PEACE AND LOVE TO ALL OUR
RESIDENTS, FAMILY AND FRIENDS THIS
HOLIDAY SEASON!**

*Mayor Bacci Angel LeeAnn Norm Barb
Ken Christina Mindy Michael*