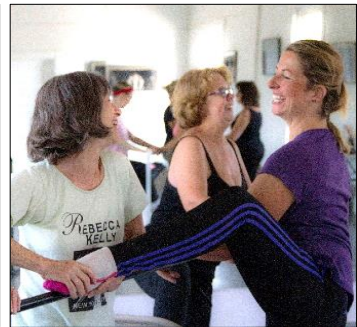


TESTIMONIALS – CLASSES at TAHAWUS

Tahawus Center, Au Sable Forks



Recent testimonies speak loudly. Here are just a few!

Unexpectedly becoming a widow brings about navigating the daily challenges of life alone. Engaging in **the dance class** helps me to escape my loneliness. Movement gives me hope for the future and a reason to carry on. Thank you for this wonderful program. It continues to enrich my day. Age 68

The **movement class** is as important physically as it is mentally. I am thankful for its affordability and accessibility, and well as for all the community building and enrichment opportunities that Tahawus Center offers.

As a 72-year old woman, the class is the best thing I can do to keep me flexible and in shape. It gives me social interaction and a chance for exercise

This is the **ONLY** exercise class of any kind within a 35-min drive. Gives me the opportunity to meet “local people” that I would likely never meet.

Jiu Jitsu offers womens’ self defense, kids and adult classes. Justin showed nothing but respect and honor. He is extremely knowledgeable, kind and willing to help out in any way possible with strength and conditioning needs.

Our kids absolutely love all the different games that we play at the end of class. These games help develop their skillset for Jiu-jitsu, as they build strong bodies and improve athletic performance.

Justin Bressette’s technique is practical and efficient. Couple these with an empathetic demeanor and you have the makings of a tremendous learning environment.

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