

# Women's Health Week

Register at [rebelwellnesspgh.com](http://rebelwellnesspgh.com)



## Upcoming Events

March  
23

**Sunday**

Active Woman Workshop: PCOS with Devon Kroesche, MS, RDN, LN

Join us for a practical, no-nonsense workshop where Devon Kroesche, a women's health-focused registered dietitian, will break down simple, evidence-based nutrition and lifestyle strategies to help you take control of your symptoms.

\$30 | 4:00-5:00 pm | @ Rebel or Via Livestream



Slow Flow w/ Lisa  
5:30-6:30 pm @ Rebel

March  
24

**Monday**

Cardio Barre w/ Natalie  
5:30-6:15 pm @ Rebel

March  
25

**Tuesday**

Thrive Mobility & Strength w/ Leslie  
5:30-6:15 pm @ Rebel



Active Woman Workshop:  
Bone Health with Emily Scott, DO\*  
Free | 6:30-7:30 pm |  
@ Rebel or Via Livestream

\*Free session sponsored by DCP



Onsite ASL interpreters for all events provided by



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## Upcoming Events



Wednesday

Strength 1 w/ Rebecca  
5:30-6:15 pm @ Rebel



Active Woman Workshop:  
Holistic Methods to Manage  
Anxiety with Amy O'Donnell,  
MD\*

Free | 6:30-7:30 pm |  
@ Rebel or Via Livestream



Thursday

Fusion 60 w/ Lauren N  
5:30-6:30 pm @ Rebel



Friday

Cardio Strength w/ Mikayla  
5:30- 6:15 pm @ Rebel



Saturday

Mayhem w/ McKenna  
8:30-9:15 am @ Rebel  
Flow 60 w/ Lauren G  
9:30-10:30 am @ Rebel

\*Free session sponsored by DCPD



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