

**CCBA's**

**Tie-Dye Kettlebell  
Charity Challenge Event**  
to benefit the Listen Food Pantry

**Saturday April 29th**

**12:00 - 1:30 p.m.**

**\$30/person**

**Learn kettlebell exercises, techniques and  
get a good workout in! Refreshments!**

**includes a tie-dye Kettlebell Charity Challenge T-Shirt, water bottle,  
daily Kettlebell workout for the month of May and  
weekly drawings for CCBA prizes!**

*100% of profit goes to the Food Pantry at LISTEN.*



**Sign up Today at the Front Desk!**

code: 330324-A

Want to make a donation? Checks can be given to the front desk and made out to The LISTEN Center

Questions: Contact Alena Pardoe at [alena.simard@gmail.com](mailto:alena.simard@gmail.com)

**1 Taylor Street  
Lebanon, NH 03766**

**603/448-6477  
[www.joinccba.org](http://www.joinccba.org)**

