

Athlete Advantage	<p>Ms. Snyder snyderk@dansvillecsd.org</p> <p>Ms. Wadsworth wadsworthl@dansvillecsd.org</p> <p>Dr. Linsner linsnerm@dansvillecsd.org</p>	<p>Summary: Engage with your fellow Athletes and learn how to unleash YOUR inner Athlete by understanding that exercise goes beyond physical fitness. It offers a pathway to fun, strength, discipline, self-confidence, and self-discovery. By embracing sports and exercise as an integral part of our lives, we unlock our potential, leading to a fulfilling and empowered existence.</p> <p>Start Date: Thursday September 14th</p> <p>Frequency: 1-2x a month</p>
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