



MEMBERSHIP MEETING

Wednesday, October 11, 2023

Doors open 7:00 pm - Program Starts 7:30 pm



CRYOTHERAPY: COLD IS THE NEW HOT

Full Body Cryotherapy treatments are becoming more popular among skiers looking to ski harder, recover easier and ski into our later years.

Cryotherapy is termed the new 'fountain of youth' geared towards arthritis pain, and sports recovery. A three-minute exposure to sub-zero dry-air temperatures in a controlled environment, (wearing proper gear), can alleviate sore and fatigued muscles, boost physical and mental endurance for 24 hours.



Our guest speaker, Michael Dent, founder of Touch Free Wellness (DBA Cryo Maryland) will discuss the many holistic ways skiers can benefit from cryotherapy.

Attendees will receive 50% off coupons for cryotherapy sessions for the 2023-2024 ski season.



**St. Paul's Lutheran Church
1609 Kurtz Avenue
Lutherville, MD 21093**

Troy will be set up outside serving Hotdogs & Brats paid for by the Club. Beer, Wine, and Sodas will be available.