

RAIN OR SHINE

LOCAL NURSERY CRAWL

Discover local nurseries and watch your garden grow!

FRIDAY AND SATURDAY

FEBRUARY 22 + 23

9AM-4PM

Find out more!

localnurserycrawl.com



THIS WAY TO SUSTAINABILITY CONFERENCE 2019



REGENERATING ECOLOGICAL SYSTEMS:

IMPACTS & SOLUTIONS
TO CLIMATE CRISIS

THURSDAY, MARCH 28-FRIDAY, MARCH 29



Thomas Goreau
President and
Founder of Global
Coral Reef Alliance



Larry Kopald
President and
Co-Founder of The
Carbon
Underground



Audrey Denney
Educator and
Farmer



**Wenonah
Hauter**
Founder and
Executive Director of
Food & Water Watch



Alice Julier
Director of
CRAFT,
Professor, and
Director of
Food Studies at
Chatham



Nirvan Mullick
Filmmaker and
founder of Climate
Uprising and
Imagination.org

Kamie Loeser
is back teaching Yoga
at In Motion



Tai Chi Classes Now at In Mo FREE*

Your body and mind become harmonious through conscious
movements of Qigong and Tai Chi



Learn Tai Chi with Michael Lee
(certified) Tues & Thurs 10am
and Wed 9:30am



200+ FREE* Yoga
Classes Monthly with
IMF Membership



Certified Yoga Staff with Over
20,000 Hours of Combined
Teaching Experience!



New Class: Power
Flow Sunday 10:30am
and More Coming!



Widest Spectrum of Classes
in Chico! Tai Chi, Level 1-4,
Gentle, Power Flow, etc.

Team of 200 Elite Instructors, Fitness Gurus & Service Members

Also FREE with membership: Childcare (2 hrs/day), Locker Rooms, Towel Service,
Women's Only Area, Steam Rooms, Saunas, Pools (5), Splash Park, Functional Fitness
& Mind/Body Studios (6), Cardio & Weight Areas (8), Full Court Gym, 5 Acre Resort,
Running Track, & Outdoor Fitness Park Coming! Only \$1.60/day (see membership)



IN MOTION FITNESS

OPEN 24 HRS ♦ WHERE FITNESS IS A RESORT

1293 E First Ave, Chico | 343-5678 | www.inmotionfitness.net