



EmpowerU Calendar of Events

Free Courses

Educate Enjoy Engage



Reservation required! Reserve your spot now by signing up for sessions at www.empoweruohio.org

Read Entire Course Listings online including speaker information and location maps. Space is limited. Sign up online!

www.EmpowerUohio.org

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Feb 25

The Life and Times of Frederick Douglas

Oakley Recreation Center
3882 Paxton Avenue
Cincinnati, OH 45209
7:00-8:30 PM

Celebrate Black History Month with this Empowering talk. From "Chitlins and Rotgut to Prime Rib and Fine Wine", learn about the Life and Times of Frederick Douglass, the Quintessential American Dream Story. Alan McIntyre chronicles Douglass' life and writings as the solutions to America's current crises are revealed.

Feb 29

Ohio Representatives Republican District 27 DEBATE Tom Brinkman VS. Heidi Huber

Anderson Township Center
7850 Five Mile Rd., Anderson, OH 45230
7:00-8:30 PM

Incumbent Tom Brinkman, Jr., will debate challenger Heidi Huber in the Primary Election for the 27th District of the Ohio House. Brinkman, the well-known founder of COAST, and anti-tax advocate will square off against well-known education expert and leader of the Anti-Common Core Movement. Moderating the debate will be someone who knows more about Ohio than almost anyone, Ron Alban, the successful leader of the Initiative to End Ohio's Estate Tax.

Mar 3

How to Reduce Your Property Taxes in 2016

EmpowerU Studio
225 Northland Blvd., Cincinnati, OH 45246
7:00-8:30 PM

Attorney Chris Finney will help you learn the process of how to get your property taxes lowered. Your deadline is 3/31/2016 if you want to get your property tax lowered this year. Learn how and join the hundreds of people that have taken this foundational class from EmpowerU. The best seminars are the ones that put \$\$\$ back in your pocket. Join us at the Opening of EmpowerU's new Home Studio tonight.

Mar 10

Cyber Security with Dave Hatter

EmpowerU Studio
225 Northland Blvd.
Cincinnati, OH 45246
7:00-8:30 PM

Computer guru and digital disruptor Dave Hatter helps us Protect our Lifeline and deal with the increasing frequency and severity of Cyberattacks. To be discussed: 1) Physical Security, 2) Email/Phishing/ 3) Malware 4) Updates & Patches, 5) Social Media, 6) Mobile Security, 7) Website Security 8) Children & More. General Computer precautions and and your questions will be discussed..

Mar 14

Lunch & Learn Series: Women in Cincinnati

Cincinnati Museum Center at Union Terminal
1301 Western Ave., Cincinnati, OH 45203
Noon-1:00 PM

Throughout Cincinnati's history, its women have contributed a great deal to the well-being of their community and beyond. This presentation recognizes many very prominent people--some still relatively well known--but also many others who are no longer much remembered. Bring a lunch, relax and learn!

Mar 17

Is there a Fountain of Youth? Natural Hormone Replacement Therapy

EmpowerU Studio
225 Northland Blvd.
Cincinnati, OH 45246
7:00-8:30 PM

What role do hormones play in human development and how does it affect adults as we age? What is optimal hormone balance? Learn about Natural Hormone Replacement Therapy from Judy Couch, FNP. She will discuss how hormone balances reduce chronic illness, hot flashes, depression, sleeplessness and anxiety. Join us for what is sure to be a very interesting topic that is in the news.

Mar 22

Don't get Tense, Don't get Hyper, It's just Life & Death!

EmpowerU Studio
225 Northland Blvd.
Cincinnati, OH 45246
7:00-8:30 PM

The very entertaining and informative Dr. Jay Rissover will explore the connection of stress and health, and in particular the problem of hypertension. Does stress cause hypertension? We'll also talk about blood pressure and the revolutionary changes that are underway. Keep calm and get your health questions ready as Dr. Rissover will answer all.

Mar 24

Leap into Spring with Cool Container Gardening!

White Oak Garden Center
3579 Blue Rock Road
Cincinnati, OH 45247
7:00-8:30 PM

Leap into spring by joining us at White Oak Gardens for an engaging, friendly, informative session on growing cool plants in containers. Experience the magic of being surrounded by 3 acres full of flowers, trees, shrubs and houseplants and happy people. Jeff Webeier and staff will help with container gardening tips on annuals, perennials, herbs, vegetables & more. Reunite your senses with the fragrances of spring.



Visit Empower's New Home Studio!
 Comfortably Seats 100
 Professional Sound/Camera System
 Educate * Enjoy * Engage



EmpowerU Studio
 225 Northland Blvd.
 Cincinnati, OH 45246
 (Please Reserve to Attend)

Apr 12
Dollars Down the Drain:
 The Cincinnati Metropolitan
 Sewer District
Price Hill Chili

4920 Glenway Ave., Cinti OH 45238
 7:00-8:30 PM

Where will this scandal end? If you are a ratepayer with the Metropolitan Sewer District the answer is not a good one. Sewer rates are going through the roof. Learn about the mandated consent degree with the Ohio EPA and the burdens Hamilton County faces. Why is this so expensive and what is the role of the City of Cincinnati? Ham. County Commissioner Chris Monzel explains what this will mean for you.

May 3
Economics of Milton Friedman

EmpowerU Studio
 225 Northland Blvd.
 Cincinnati, OH 45246
 7:00-8:30 PM

Join EmpowerU Managing Board Member Dan Regenoild in a follow up class to last semester's lively discussion on the U.S. and Greece. Dan looks at the great Economist and Noble Laureate Milton Friedman, perhaps the first libertarian. Friedman's simple thesis: There cannot be political freedom without economic Freedom. Are Friedman's ideas still relevant today or maybe more than ever?



Mar 29
Over Testing, Opting Out and HS Graduation

EmpowerU Studio
 225 Northland Blvd, Cinti, OH 45246
 7:00-8:30 PM

Unclear what opting out is all about and whether it will compromise your child's promotion, class offerings or HS Graduation? Come learn the details you won't hear from your school or from Columbus. You can safely protect your child but you must first be armed with all of the facts. Be pro-active for your child.

Apr 14
The Cincinnati Strangler
 50th Anniversary

EmpowerU Studio
 225 Northland Blvd.
 Cincinnati, OH 45246
 7:00-8:30 PM

50 Years ago it happened. The first strangler murder was in 1965 and the 7th and final murder was in 1966. Learn how our conservative Midwestern City confronted a killer and it's own escalating racial turmoil. J.T. Townsend, freelance author of the book Queen City Gothic takes a fresh look at the serial killer who stole Cincinnati's innocence 50 years later.

May 12
EmpowerU Season Ending Event

Glendale Lyceum Outdoor Pavillion
 865 Congress Avenue
 Glendale, OH 45246

Our annual season-end celebration. Join the "Rat Pack" of 55KRC's Brian Thomas, Commissioner Chris Monzel, and the City of Cincinnati's Christopher Smitherman and a keynote speaker to be announced as we have fun awarding Empowered Citizens. We will be grilling out burgers and hot dogs (EmpowerU to provide). Please bring a side dish or dessert to share.



Apr 5
Downsizing, Decluttering & Demystifying

EmpowerU Studio
 225 Northland Blvd.
 Cincinnati, OH 45246
 7:00-8:30 PM

Wondering what to do with that "stuff" in your attic and garage that you've been vowing to clean out for years? Join us as we team up with Everything but the House (EBTH) to give you some helpful tips on how to not only "clean out" but also "cash in". EBTH has revolutionized the way your property is sold. Learn how.



Apr 19
Real Estate Real Results

EmpowerU Studio
 225 Northland Blvd.
 Cincinnati, OH 45246
 7:00-8:30 PM

There are many things to consider when buying a house, selling a house or investing in real estate. Join our experts as we present a panel of 4 professionals that help you navigate the buying, inspecting, financing and title concerns of real estate. Perfect for first timers as you will hear from experts who provide tips and help you prepare for your dream home.



Apr 7
Ulysses S. Grant: The Ohio roots of the Union's Greatest Hero

EmpowerU Studio
 225 Northland Blvd.
 Cincinnati, OH 45246
 7:00-8:30 PM

Join Luke Stedke and learn about the major role Ohio played in the pivotal Battle of Shiloh. How did this victory propel one Ohioan to General Chief of the Army and ultimately to the Presidency of the United States. Gen. Ulysses S. Grant will be the focus of this course along with other notable Ohioans. Enjoy an engaging discussion and learn how Ohio saved the Union.



Apr 22
Earth Day: Where did we go wrong?

Harry Whiting Brown Scout House
 34 Village Square, Glendale, OH 45246
 5:30-7:30 PM

What started out as such as great idea has turned into a mess. Where did we go wrong? Join Blaze Radio's Doc Thompson--always fun--as he returns to Cincinnati and talks about what happens when good intentions turn into an avenue for Government to have more control over our lives. Adults BYOB, Happy Hour at 5:30, program starts at 6:00 PM. We hope to be outside! Wear your best Earth Day Costume for a prize!



May 3
Economics of Milton Friedman

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 Cincinnati, OH 45246
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May 16
Lunch & Learn Series: The Story of Porkopolis

Cincinnati Museum Center at Union Terminal
 1301 Western Ave., Cincinnati, OH 45203
 Noon-1:00 PM

Cincinnati was once known by the nickname of "Porkopolis." Visitors to the city often had to walk down the streets that were crowded with pigs being herded to the city slaughter houses. Pigs slaughtered in Cincinnati not only fed our country but also helped revolutionize the countries industries



Attend 8 or more Sessions and you will receive an Empowered Citizen Award!

EmpowerU is an independent Ohio Corporation and not affiliated with any other entity. We are able to offer FREE classes based on your generous donations.

Please consider sending a contribution to:
 EmpowerU/Ohio.org,
 225 Northland Blvd.,
 Cincinnati, OH 45246
 info@empoweruohio.org