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!

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.

Ohio Representatives Republican District 27
Tom Brinkman & Ted Huber
Feb 25
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 Albans, the successful leader of the Initiative to End Ohio’s Estate Tax.

How to Reduce Your Property Taxes in 2016
EmpowerU Studio
225 Northland Blvd, Cincinnati, OH 45246
Feb 29
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.

Is there a Fountain of Youth?
Natural Hormone Replacement Therapy
EmpowerU Studio
225 Northland Blvd.
Cincinnati, OH 45246
Mar 17
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.

Don’t get Tense, Don’t get Hyper, It’s Just Life & Death!
EmpowerU Studio
225 Northland Blvd.
Cincinnati, OH 45246
Mar 22
7:00-8:30 PM
The very entertaining and informative Dr. Jay Rissower 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. Rissower will answer all.

Don’t get Tense, Don’t get Hyper, It’s Just Life & Death!
EmpowerU Studio
225 Northland Blvd.
Cincinnati, OH 45246
Mar 10
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 your questions will be discussed.

Leap into Spring with Cool Container Gardening!
White Oak Garden Center
3579 Blue Rock Road
Cincinnati, OH 45247
Mar 24
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 Webeler and staff will help with container gardening tips on annuals, perennials, herbs, vegetables & more. Reunite your senses with the fragrances of spring.

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Calendar Continues
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.

50th Anniversary of the Cincinnati Strangler

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.

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.

Economics of Milton Friedman

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

Join EmpowerU Managing Board Member Dan Regenold 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 Laureat 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?”

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.

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 country's industry.

Attending 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: EmpowerUOhio.org, 225 Northland Blvd., Cincinnati, OH 45246 info@empoweruohio.org