



Cottonwood Heights, UT | March 2024 | FREE

BETWEEN THE CANYONS

The official newsletter of Cottonwood Heights | ch.utah.gov

State of the City Address

Mayor Mike Weichers



The statements in this article are the author's views and not necessarily of the entire city council.

I begin by saying the state of the city of Cottonwood Heights is strong and sound. I would like to emphasize some noteworthy facts that

demonstrate this.

Our Finance and Administration department, under the direction of Scott Jurgens, has received the Distinguished Budget Presentation award for 16 consecutive years, along with multiple other high-performance recognitions.

Our IT staff continues to exceed expectations with running our complex computer networks and for keeping us safe from nefarious actors. Their diligence in training staff and implementing cybersecurity measures to protect

the city is as important a work as is being done at the City. The city is financially secure. Our General Fund ending balance for the 2022/2023 budget year was \$9,474,275. After setting aside the reserve amounts required by state law and city policy, just over \$7,075,971 is available for appropriation throughout the 2023/2024 budget year. The fiscal responsibility of staff and the Council is one reason we are 1 of 2 municipalities within SL County to not raise the property tax mill rate over the last 5 years, even during the unprecedented inflationary environment of the last 2 years.

Our Cottonwood Heights Police Department (CHPD), under the leadership of Chief Robby Russo, has continued to be one of the most effective public safety organizations in the state. The department works closely with the Cottonwood Heights community to strengthen relationships and foster trust. This is exemplified by the Cottonwood Heights Citizens Police Academy, an annual program aimed at enhancing confidence and dispelling

State of the City Address Continued on page 3

CITY COUNCIL HIGHLIGHTS

UPCOMING TENTATIVE AGENDA ITEMS

MARCH 5 (ABBREVIATED MEETING DUE TO THE DEMOCRAT & REPUBLICAN CAUCUS MEETINGS: WORK SESSION FROM 4 PM - 5 PM, BUSINESS MEETING AT 5:15 PM - 6:00 PM)

- TAVACI PROPOSED ANNEXATION DISCUSSION
- ZONING TEXT AMENDMENT
- SAFE ROADS AND STREETS GRANT DISCUSSION
- SPORTS COURT DISCUSSION
- PROSPECTOR DRIVE CONTRACT

MARCH 19

- LOBBYIST REPORT
- SENAWAVE FIBER DISCUSSION
- VETERANS MEMORIAL REPORT
- LEGISLATIVE POLICY OPTIONS REPORT
- SNOW PLOW/HEAVY EQUIPMENT STRATEGY DISCUSSION

APRIL 2

- COTTONWOOD HEIGHTS PARKS & RECREATION SERVICE AREA REPORT
- TOURISM RECREATION CULTURE CONVENTION FUNDING DISCUSSION
- SALT LAKE COUNTY LIBRARY - WHITMORE LIBRARY UPDATES
- EMERGENCY OPERATIONS PLAN REPORT

TO FIND FULL AGENDAS, VISIT CH.UTAH.GOV

ECRWSS
Local Postal Customer

Presort Std
U.S. Postage
PAID
Riverton, UT
Permit #44

Printed on recycled paper

WHAT'S INSIDE

EVENTS.....2
 CITY NEWS.....3
 PUBLIC SAFETY.....4
 COMMUNITY5,7
 HISTORY.....6
 SUSTAINABILITY.....7
 BUSINESS.....8

EVENTS CALENDAR

- MARCH 1 : SWEETHEART PAINT NIGHT
- MARCH 5 : ABBREVIATED CITY COUNCIL MEETING (DUE TO THE DEMOCRAT & REPUBLICAN CAUCUS MEETING)
- MARCH 1-31 : ART EXHIBIT: TRIP DOWN MEMORY LANE
- MARCH 15-16 : BEAUTY AND THE BEAST MUSICAL AUDITIONS AT CITY HALL
- MARCH 19: CITY COUNCIL MEETING
- MARCH 30 : EASTER EGG HUNT AT BUTLER PARK
- APRIL 1 - MAY 4 : ART EXHIBIT: UTAH WOMEN MAKING HISTORY

FOR MORE INFORMATION, VISIT CH.UTAH.GOV AND CLICK COMMUNITY CALENDAR

The Cottonwood Heights Arts Council's
 Production of



Disney BEAUTY AND THE BEAST
 THE BROADWAY MUSICAL ©Disney

Auditions

Friday, March 15, 7-9:30 PM
 Saturday, March 16, 10 AM-1 PM

Cottonwood Heights City Hall
 2277 Bengal Blvd. Cottonwood Heights

Auditions are by appointment, register at CHCITYARTS.COM.

Unable to attend? Submit a video by March 15.

Presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. WWW.mtishows.com



COTTONWOOD HEIGHTS

Easter Egg Hunt

SAT. MARCH 30, 2024

Event Schedule

- 9:00 AM Food Truck
- 9:30 AM Free Balloon Artists
- 9:45 AM Easter Bunny
- 10:00 AM Easter Egg Hunt

All groups start right at 10 AM. Age groups 0-2, 3-4, 5-6, 7-9, 10-12 & 13-15.

Egg Hunt 10:00 AM Butler Park 7500 S. 2700 E.



Cottonwood Heights Parks & Recreation



BUTLERVILLE DAYS

Make sure to save the date for Butlerville Days on July 25th, 26th, and 27th. We're looking for a Parade Chair and Sponsors to ensure the success of this family-friendly event.

By sponsoring Butlerville Days, you can enjoy the following advantages:

- Gain recognition as a community partner
- Enhance your visibility in the community
- Provide special event offers to attendees

To learn more about volunteering or sponsoring, please visit Butlervilledays.com or reach out to Ann Eatchel at 801-550-8255.

State of the City Address Continued on page 3

misconceptions between the police department and the community.

Along with our Police Officers, I wish to acknowledge and thank our firefighters and representatives from the Unified Fire Authority for their appropriate and timely response to recent pedestrian & auto accidents that have occurred in our city. Many lives have been saved due to the heroism of both our Police & UFA partners.

The Cottonwood Heights Public Works department, under the leadership and direction of Matt Shipp, continues to operate effectively. The department surveyed over 2,700 manholes, collected 650 tons of debris while street sweeping, repaired over 4,000 potholes and cleaned over 4,300 storm drain grates. They also raised 172 storm drain manholes that had been covered before Incorporation. Our Public Works department is the literal definition of local government, where the rubber hits the road in providing services to our residents.

We are excited for the opening of the city's new Public Works building this spring. This facility will provide indoor storage of our snowplows and other equipment and an improved salt storage area that will allow for a more expedited response to winter storms on our roads.

Our Community and Economic Development department, led by Mike Johnson, has been effective in implementing a variety of projects and planning efforts. This past year, the department staff processed 60 land-use applications, coordinated and reviewed 71 Design Review Committee (DRC) requests, reviewed and issued 829 building permits, and conducted 2,116 site and project inspections.

Our Records, Culture and Human Resources department is led by Paula Melgar. This department has been effective in managing multiple administrative functions in the city, including election services, human resources, records management, and city events. In conjunction with the Arts Council, staff held auditions and facilitated the Guys and Dolls play performance with highly positive Attendance and reviews. The culture staff facilitated a virtual Easter "bunny hop", in addition to an Easter egg hunt that attracted thousands of our younger residents to Butler Park.

Along with volunteers from the community, Staff planned and organized a memorable Butlerville Days, including 3 days of activities, on stage entertainment, and both a drone and live firework show. Residents reported it as one of the best Butlerville Days in memory.

In conclusion, I want to highlight some areas of priority that the City Council will be reviewing:

1. Continue to find ways to improve the safety of our roads and enhance pedestrian protection in the community;
2. Continue to support our police and fire department in public safety efforts;
3. Build the tax base through effective, economic development efforts;
4. Finalize a vision for future redevelopment of



the Hillside Plaza property into a true "town center" for our community;

5. Facilitate planning processes to formulate and adopt an updated general plan for the city;
6. Continue to work strategically and methodically through budget processes to be effective and efficient in the use of taxpayer dollars;
7. Work to secure additional grant funding to maintain existing infrastructure and to enhance all city services;
8. Continue to preserve and enhance existing trails and open space areas.

I wish to reaffirm again that the state of Cottonwood Heights is strong and sound. I believe that Cottonwood Heights is an exceptional city whose strength comes from the wonderful and service-minded residents, exceptional staff, and diligent elected officials that together work to make our community better each day. ■

Subscribe to emails and get the latest news about city events, Arts Council efforts, and volunteer opportunities! You can also get agendas for public meetings and be notified when we post a new job or a road work update.

Visit ch.utah.gov/emails to sign up for the notifications you want today!

COTTONWOOD HEIGHTS ARTS COUNCIL PRESENTS

Art Exhibit

Our March lobby art exhibit is a trip down memory lane. Come enjoy the posters from the various musicals the Cottonwood Heights Arts Council has produced since 2010! Posters will celebrate the following musicals:

- Guys & Dolls (2023)
- Willy Wonka: The Musical (2022)
- Matilda: The Musical (2021)
- The Little Mermaid (2019)
- Big: The Musical (2018)
- Annie (2017)
- Seven Brides for Seven Brothers (2016)
- Shrek: The Musical (2015)
- Fiddler On the Roof (2014)
- The Music Man (2013)
- Cinderella Enchanted (2012)
- The Wizard of Oz (2011)
- Joseph and the Amazing Technicolor Dreamcoat (2010)

Showcased at
Cottonwood Heights City Hall lobby
2277 E. Bengal Blvd.
Weekdays from 8 a.m. - 5 p.m. March 1-31

Presented by
Utah Legislature
Department of
Arts & Museums

CHCITYARTS.COM

SALT LAKE COUNTY

Cottonwood Heights Arts Council Presents
PAST MUSICAL PRODUCTIONS

Enforcing Crosswalk Violations

Police Chief Robby Russo



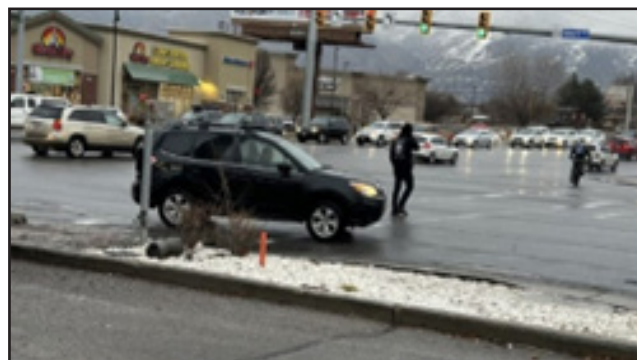
Ensuring the safety of pedestrians is a top priority for our police department. In recent times, we have witnessed an increase in car-pedestrian collisions that have resulted in grievous injuries and fatalities. It has been observed that when drivers are pulled over for not yielding to pedestrians, they often seem to be unaware or confused about the relevant laws.

The Utah Code 41-6a-1002 outlines the duties of drivers to give way to pedestrians:

(a) Unless otherwise specified in Subsection (2), drivers must yield the right-of-way to pedestrians by either slowing down or coming to a complete stop if necessary: (i) when the pedestrian is crossing the road within a marked crosswalk and is on the same half of the road as the vehicle; or (ii) when the pedestrian is close enough to the opposite half of the road that there exists a potential danger.

As pedestrians, vigilance is key. Making sure to establish eye contact with drivers to confirm they are aware of your presence and are alert is a helpful practice. All too often, pedestrians are put at risk by drivers who are distracted by their phones or committing other traffic offenses like speeding, making unsafe lane changes, or running red lights. Even when pedestrians have the right of way, it offers little consolation in an encounter with a 4,000-pound vehicle.

Our police department has taken an active stance by enforcing crosswalk laws within the city. An example is an image showing the scene of a recent pedestrian accident juxtaposed with an undercover officer conducting enforcement



operations at the same location. In school zones, a zero-tolerance policy has been adopted, and officers are also disguising themselves as civilians to monitor crosswalk compliance.

Motorists who fail to yield are stopped and ticketed by waiting uniformed officers. We are determined to sustain these enforcement efforts throughout the year to improve pedestrian safety. ■

Discover the Hidden Gem of Mill Hollow Park: A Park with Unique Topography and Rich History

Ronna Cohen, Parks, Trails, & Open Space Committee Member

Established in 1977, Mill Hollow Park is a hidden gem. The Park boasts a unique topography of steep, sheer hills, the result of former gravel pit operations on the site. Located off 3000 East at 2900 East Hollow Mill Drive (6800 South), the Park has amenities to suit all: Pavilion rental with capacity for 75, new playground, athletic fields, restrooms, one tennis court, and a walking path around its 6.8 acres.

The Park is cherished by its surrounding neighborhoods and is part of the Volunteer

in the Parks Program. Volunteers provide another set of eyes on the park every week; picking up trash, noting any issues and reporting back to the Park Captain and the City Park and Recreation Department. Chelsey Voss, Captain of the Mill Hollow volunteer squad is particularly delighted with the new 2023 playground with equipment for all ages and abilities. Interested in becoming a Volunteer in the Park? Reach out to Andrew Davis at andrew@cottonwoodheights.com

The Park was part of the original homestead of Jannet Ritter, one of only five women in our city to obtain a homestead grant. On January 26, 1875, her husband William was killed in a snowslide in Big Cottonwood Canyon, where he worked as a miner. His body and five others were not recovered until the snow melted. The slide was 200 feet wide, 1/2 mile long and 80 feet deep in places. ■



Know Before You Throw

Wasatch Front Waste & Recycling District

On Tuesday, January 30th, a fire occurred in the cargo bed of one of our recycling trucks while on route in an east Millcreek neighborhood.

We are grateful that the driver was only shaken up and not injured, and for the quick response of the Unified Fire Authority to extinguish the flames. The damaged truck was towed to the salt pile area along Wasatch Boulevard to allow the UFA space and time to extinguish the fire completely.

Pam Roberts, General Manager & CEO, stated, "I am so thankful that our driver was not injured, and I thank the Unified Fire Authority and Millcreek teams for acting so quickly, dosing the flames and keeping everyone safe. This is an example of why waste and recycling collection is such a dangerous job. The truck got so hot that the CNG Tanks off-gassed as they are designed to do, so the tanks did not explode".

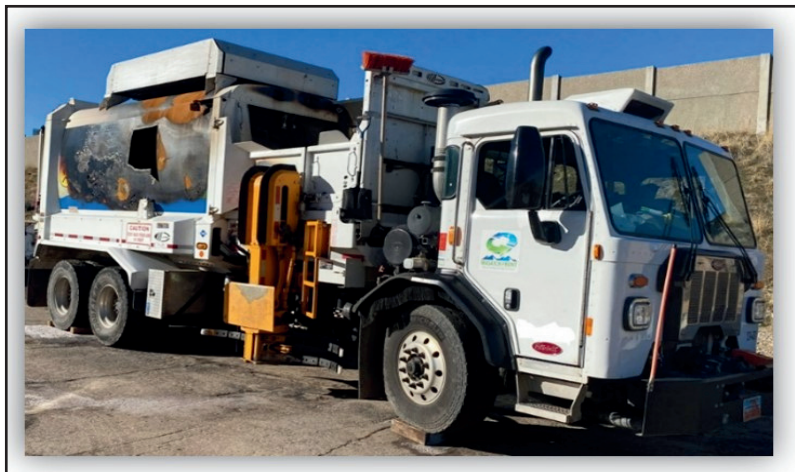
Inspectors have determined that the cause was not a mechanical or truck malfunction. The cause appears to be a non-recyclable item that was placed in a recycling can. While the item has not yet been identified, common causes for fires in trucks are batteries, which may spark as the truck compacts the materials. Any type of battery can cause this issue. Other items that have been known to cause fires in trucks are empty propane tanks, hot ashes from fireplaces or barbecues, or chemicals such as household hazardous waste (HHW).

As a reminder, everything marked "recyclable"

is not always recyclable through the blue can pick-up. Batteries, particularly the probable culprit in this case, are difficult to dispose of. Although recyclable, they must not be

placed in your curbside cans. There are locations that accept used batteries, such as Home Depot. Please take the extra time to dispose of them properly.

The action of a resident who thoughtlessly or unknowingly placed the wrong item into their recycling can cause a very dangerous and expensive problem. The initial estimate from the manufacturer for repairs to the truck body is \$110,000 - \$125,000. A new truck body is roughly \$189,000 and does not include the need to re-route recycling services with the truck out of service. For context, a new truck currently sells for approximately \$400,000.



We also cannot say enough how grateful we are that this fire did not cause injury to the driver, any bystanders, or property damage besides the truck. We encourage everyone to think carefully about what you are putting in your garbage, recycling and green waste cans. Ms. Roberts tells us this type of fire, called a "Hot Load," happens more often than we know. This recent issue is the worst she has seen in her career.

Please help prevent this from happening in your neighborhood and find guides to what is and is not accepted in recycling cans on our website: <https://wasatchfrontwaste.org/how-recycle>. ■

Got a question about culinary water, electricity, gas, trash and recycling, or sewers? Visit ch.utah.gov/utilities for a list of all the utility companies that provide services to Cottonwood Heights residents, along with websites and phone numbers.

You can also follow Wasatch Front Waste & Recycling District on Facebook ([/WasatchFrontWaste](https://www.facebook.com/WasatchFrontWaste)), Instagram ([@wasatchfrontwaste](https://www.instagram.com/wasatchfrontwaste)), and Twitter ([@WFWRD1](https://twitter.com/WFWRD1)) to get the latest updates.

Seven Butler Middle Students Earn Top Marks in District Science Fair

How do plants respond to different types of music? How much bacteria is growing in the half-empty metal water bottle you keep on your desk? Can a computational algorithm predict Diabetic retinopathy? Can computers help detect Acute Lymphoblastic Leukemia? These are just a few of the questions students explored leading up to the 2024 Canyons School District Science Fair. Students (grades 5-12) from schools all across the District entered projects. Seventy-two students, including seven from Butler Middle School, were finalists, which means they advance to the regional level

to compete at the 2024 University of Utah Science and Engineering Fair, March 4-8. Top regional winners will be eligible to compete at national and international contests.

Butler Middle School Science Fair Winners:

- Lisa Chamber
- Madison Pierringer
- Sophie Glime
- Hazel Bolke
- Layne Campbell
- Lila Olson
- Sujdah Stoman ■



Stretch your legs this spring and explore the city through our walking tours!








The Historic Committee partnered with our Parks, Trails and Open Space Committee and geographic information systems specialist a few years ago to create walking tours for different areas of Cottonwood Heights. Spring is a great time to explore the city on foot and discover a new favorite place!

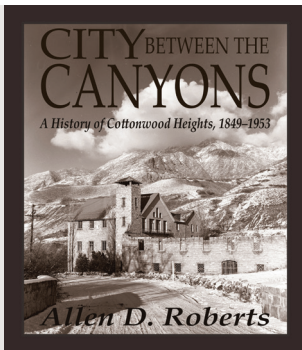
Online walking tours are available for the following areas:

- **City Hall/Butlerville**
- **Bywater Park/Apple Valley**
- **Big Cottonwood Canyon Creek Trail**
- **Top of the World**
- **Greenfield Way**
- **Antczak Park**
- **Crestwood Park**

Visit ch.utah.gov/maps to view all of the online tours or download printable PDFs of each tour to carry while you walk. ■

Online Walking Tours

 <p>City Hall/Butlerville Walk</p> <p>2.5 miles</p>	 <p>Bywater Park/ Apple Valley Walk</p> <p>2.7 miles</p>	 <p>Big Cottonwood Canyon Creek Trail</p> <p>2 miles, can start at either end</p>	 <p>Top of the World Walk</p> <p>2.4 miles</p>
 <p>Greenfield Way Walk</p> <p>1.5 miles</p>	 <p>Antczak Park Walk</p> <p>3 miles, start at any point</p>	 <p>Crestwood Park Walk</p> <p>1.2 miles</p>	



Buy the book!

Get your very own copy of the hardbound history book *City Between the Canyons: A History of Cottonwood Heights, 1849-1953*! Buy yours at City Hall for \$20 (3 for \$50) or online at ch.utah.gov/history-book for \$25 (3 for \$59) with shipping. ■

SIGN YOUR KIDDOS UP FOR THE

DUCKY DROP

AT THE COTTONWOOD HEIGHTS RECREATION CENTER!

MARCH 23RD
THE DUCKS WILL DROP AT 11AM

BRING YOUR SWIMSUITS AND COME PREPARED TO COLLECT AS MANY DUCKY'S AS YOU CAN TO WIN PRIZES!

FOR KIDDOS UP TO AGE 12!

REGISTRATION IS REQUIRED AND IT OPENS MARCH 2ND

WWW.COTTONWOODHEIGHTS.COM

City council members

MAYOR: Michael Weichers
 801-944-7087 | mweichers@ch.utah.gov
DIST# 1: Matt Holton
 801-944-7089 | district1@ch.utah.gov
DIST# 2: Suzanne Hyland
 801-944-7086 | district2@ch.utah.gov
DIST# 3: Shawn E. Newell
 801-300-3068 | snewell@ch.utah.gov
DIST# 4: Ellen Birrell
 385-910-5942 | ebirrell@ch.utah.gov
CITY MANAGER: Tim Tingey
 801-944-7010 | ttingey@ch.utah.gov

City office

2277 E. Bengal Blvd.
 Cottonwood Heights, UT 84121
 Phone 801-944-7000
 Fax..... 801-944-7005

Numbers to know

Emergency..... 911
 Dispatch 840-4000
 Fire authority 743-7200
 Animal control..... 944-7100
 Justice court 273-9731

Call direct

City manager 944-7010
 City planning 944-7060
 Public works..... 944-7000
 Recorder 944-7021
 Finance director 944-7012
 Code enforcement.....840-4000
 Police administration.....944-7100

City council meetings

- **March 5:** Work Session at 4 p.m. - 5 p.m., business meeting at 5:15 p.m. - 6:00 p.m. (**ABBREVIATED MEETING DUE TO THE DEMOCRAT & REPUBLICAN CAUCUS MEETINGS**)
- **March 19:** Work Session at 4 p.m. (tentative time), business meeting at 7 p.m. (tentative time)
- **April 2:** Work session at 4 p.m. (tentative time), business meeting at 7 p.m.

City council meetings are held the first and third Tuesday each month at 4 p.m. and 7 p.m. unless otherwise noticed. Agendas are posted at least 24 hours before public meetings at ch.utah.gov/agendas.

Planning Commission

The Planning Commission generally holds meetings at 6 p.m. on the first Wednesday of each month.

Editor: Beatriz Mayorga,
 Communication Manager

Enrolling Now for Full-Day Kindergarten

Full-day kindergarten has been such a success that Canyons District will, once again, be offering it at each of its top-ranked elementary schools. Parents can still choose to have their child attend on a half-day schedule, though most — all but 71 of CSD’s current 2,100 kindergartners — choose the full-day option. The start of the new school year may seem far away, but now is the time to consider where

to enroll your five-year-old for the 2024-2025 school year. Contact your school of choice for information about kindergarten orientation dates. For information about enrolling as a new student or applying to attend a school outside your neighborhood boundaries, please call 801-826-5031 or visit canyonsdistrict.org. ■



SUSTAINABILITY

Three Sustainable Landscaping Ideas

Ian Harris, Associate Planner/Sustainability Analyst

Slowly but surely, our mild winter will soon be warming into a pleasant Utah spring. With the longer days and warmer temps comes the familiar itch to spend more time outside with nature. For many, that means yard work, gardening, and brainstorming new ideas to improve our yards for the summer.

As you think about what you’d like to do in your yard, consider these three ideas to improve your sustainability, and even save some money in the process:

1. **Plant a tree!** Trees provide a plethora of sustainability benefits, like clearing our air, reducing erosion, providing habitat for wildlife, and cooling down our city. Because of these benefits, well-maintained trees can add value to your home and are a good use of irrigation water. Consider planting a tree this year **by purchasing a heavily discounted tree from the city’s Sapling Sale event this April!** (More information on the event is coming soon.)
2. **Replace non-functional lawn with water-wise landscaping!** Whether it’s used by kids, dogs, or adults, many people find their lawns to be essential parts of their yard. However, front and side yards often contain turf that serves only an aesthetic purpose. Consider replacing a patch of lawn with water-wise landscaping for a more sustainable,



dynamic, and cheaper yard. Visit UtahWaterSavers.com before starting work to see if you’re eligible for rebates and visit LocalScapes.com to get inspiration on beautiful, climate-smart ideas.

3. **When purchasing equipment, look for electric!** Extended use of gas-powered lawnmowers, leaf blowers, and weed hackers can be a big source of localized air pollution. Corded and battery-powered yard equipment is now standardly available and may fit your needs. Electric equipment is quieter, healthier, easier to maintain, and about the same price as non-electric counterparts. The Utah Division of Air Quality has previously funded equipment exchanges. While no program has been announced for this year, if you’re in the market for a new mower, do some research to see what incentives may exist when it’s time to buy. ■

Business spotlight

Gold Design Co. | www.golddesign.co | golddesigncompany@gmail.com

Gold Design Co. is a local creative studio built on building brands. Curating thoughtful experiences and propelling brands with stories to tell, they capture attention and meaningful connections. They specialize in brand identity and website design, and much more!

Gold Design Co. understands that your

brand allows them to create designs that authentically mirror your identity and connect with your audience. They can craft designs that don't just catch the eye but speak the language of the brand. They are dedicated to helping your brand find its niche, stand out among competitors, and thrive in its market. ■



Savvy Investments LLC | 970-209-5964 | danielleUTrealtor@gmail.com

Danielle Fraser, owner/manager of Savvy Investments LLC is operating a real estate license under the brokerage Selling Salt Lake.

Selling Salt Lake is a fun, friendly, and professional real estate brokerage that will help you buy or sell your home or investment

property under the best terms for YOU! Their clients are top priority, so give them a call and give them a chance to dazzle you with top-notch service! ■



Visit local businesses for their February specials. To feature your business, visit ch.utah.gov/business-association. ■

Gold Design Co. | www.golddesign.co | golddesigncompany@gmail.com

Gold Design Co. is offering a promotion to show our appreciation for our Cottonwood Heights family! We're running 10% off of any service we provide (website design, brand building, custom logos, and more!) Until March 31, 2024. From all of us at Gold Design Co., Thank you. We appreciate your support and partnership and look forward to building community this year! ■



PLEASE TAKE 10% OFF OF ANY SERVICE!

AS A THANK YOU TO OUR COTTONWOOD HEIGHTS COMMUNITY FOR BEING SO WELCOMING + SUPPORTIVE

FROM NOW UNTIL MARCH 31, 2024
FOR MORE INFO GO TO WWW.GOLDDESIGN.CO

Savvy Investments LLC | danielleUTrealtor@gmail.com | 970-209-5964

Danielle Fraser, the owner/manager of Savvy Investments LLC, is running a real estate license through the Selling Salt Lake brokerage. She is offering an in-person professional Real Estate consultation or Home Staging consultation with an expiration date of July 1, 2024. ■



Yoga Sunné | info@yogasunne.com | 801-943-010 | 2242 E Fort Union Blvd.

THANK YOU VETERANS ■



THANK YOU VETERANS!

★ ★ ★

Yoga Sunné and our partners take pride in extending the following complimentary offer to veterans:

- ★ 5 class pack at Yoga Sunné
- ★ Consult and choice of a one hour physical therapy, breathwork or life coaching session with Zoetic Soul
- ★ \$5 Gift Card to Alpha Coffee

We are grateful. Your sacrifice protects our freedom. At Yoga Sunné, we are dedicated to making yoga and the healing it provides accessible to our veterans.

.....

Yoga offers healing benefits for veterans:

Stress Reduction: Yoga is renowned for its stress-reduction benefits, with studies showing significant reductions in PTSD symptoms among participating veterans (Journal of Traumatic Stress).

Improved Flexibility and Strength: Regular yoga practice, as per research by the American College of Sports Medicine, enhances flexibility, balance, and muscular endurance.

Pain Management: Veterans dealing with chronic pain can find relief through yoga, recognized by the Department of Veterans Affairs as an effective complementary pain management approach.

Mental Health Benefits: Yoga fosters mental well-being, with studies indicating reductions in depression and anxiety symptoms in veterans (Journal of Alternative and Complementary Medicine).

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

