



CVUUF Community Forum

The mission of the Conejo Valley Unitarian Universalist Fellowship is to nurture spiritually courageous people who transform the world through justice and compassion.

Sunday, MAY 06, 2012 – 7:00

STRONG!

Cheryl Haworth defies categories. A 12th generation patriotic American, a visual artist, and, since age 14, America's top Olympic weightlifter, she is an elite at the international level, ranked well above all men and women on Team USA. But at 5' 8" inches and weighing over 300 pounds, she doesn't easily fit into standard chairs, clothing sizes or pre-conceptions.



Our distinguished speaker for this event is BOB TAKANO, who has developed and coached some of the best weightlifters in the U.S. for the past 39 years.

A 2007 inductee into the U.S.A. Weightlifting Hall of Fame, Mr. Takano has coached four national champions, 7 national record holders and 30 top 10 nationally ranked lifters. His articles have been published by the NSCA, NASM and the International Olympic Committee and helped to establish standards for the coaching of the Olympic lifts. He is a former member of the editorial board of the NSCA Journal, and an instructor for the UCLA Extension program. He is currently the chairperson of the NSCA Weightlifting Special Interest Group. For the past year he has been coaching in the Crossfit Olympic Lifting Certification program.

Website: www.takanoathletics.com



PROGRAM IS FREE BUT DONATIONS GRATEFULLY ACCEPTED

**Conejo Valley Unitarian Universalist Fellowship
3327 Old Conejo Road, Newbury Park
For more information eMail: forum@cvuuf.org
<http://forum.cvuuf.org>**