



Empowering Women at bbb. Fitness

By State Rep. Ann Flood

On Saturday, bbb. Fitness and Wellness officially celebrated its grand opening with a ribbon-cutting ceremony in Moore Township, welcoming community members to mark the opening of this new women-only fitness facility.

Founded by Brianna Lubarsky, bbb. Fitness and Wellness grew from a small personal training business into a space dedicated to creating a safe, supportive and judgment-free environment for women. The facility offers private training, group classes, and membership options designed to support women at every stage of their fitness journey while fostering a strong sense of community.

My legislative aide, Ann, was pleased to attend the ribbon-cutting ceremony on my behalf. I wish Brianna and the entire bbb. Fitness and Wellness team continued success as they promote health, confidence and connection for women across our region!



Upcoming Financial Aid Literacy Webinars

By State Rep. Ann Flood

Looking for ways to make college more affordable? Join PHEAA's Financial Aid Literacy Webinars this January and February to learn how to maximize your financial aid opportunities.

Topics include:

- Types of scholarships available.
- Tips for creating a standout scholarship resume.
- Current scholarship opportunities.
- Strategies for covering any remaining balance.

Webinar dates:

- Tuesday, Jan. 13, noon to 12:45 p.m.
- Thursday, Feb. 12, 6:30-7:15 p.m.

These sessions are packed with valuable resources to help you plan for higher education costs.

Register today at <https://phea.org/virtual> <https://links.pahousenews.com/q/MwxJJv21Dh0XFh8leXjArhwnG63ihp8kwxEZcOJYhZ0aW1lc0ByY24uY29tw4gLtRyh7GAe7UyLc2lGo2KV4inVcw>

**STATE REPRESENTATIVE
ANN FLOOD**
is hosting a
**CONCEALED CARRY
SEMINAR**

Learn more about your
Second Amendment
rights and gun laws
in Pennsylvania on

**THURSDAY,
JAN. 22
6 – 8 P.M.**

**STOCKERTOWN ROD
& GUN CLUB**
206 Lefevre Road
Stockertown, PA

Visit repannflood.com/events or call my office
at 610-746-2100 to register. Space is limited.

2026
Financial Aid
Assistance Webinars

**TUESDAY, JANUARY 13
NOON-12:45 PM (ET)**

**THURSDAY, FEBRUARY 12
6:30-7:15 PM (ET)**

**Searching for Scholarships and
Affording the Balance**

There are many ways to pay for higher education, and an important step is searching and applying for scholarships. The more free money you can earn means less money you have to pay back. The presentation will cover types of scholarships available, tips for creating scholarship resumes, and briefly discuss how you can pay for the balance after all your free money is taken into consideration. The presentation will include several resources, including current scholarship opportunities, join members of the private lending team to learn more.

Register today at phea.org/virtual



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