



G.I.R.L. S.T.R.O.N.G

Gaining Intrinsic Real Life Strength
To Reach Our Next Generation

Promote healthy eating
and exercise habits, positive
self body image, boost
confidence, and self
esteem!

October 17 - December 12
Mondays
3:30 - 4:30 pm
at Le Roy Elementary

Girl's 3-6th Grades

Specifically designed exercises
for pre-teens! Weekly discussion topics
including: stress management, healthy eating
choices, positive thinking, and MORE!

Members: \$25.00

Prospective Members: \$50.00

