

Fitness to the Max!

Who: Girl Scouts Cadettes and Seniors

What: Workshop will empower girls with the information and tools they need to be healthy & fit, to be confident young women leaders, as well as educate girls on how the media & society influences their perception of reality.

Where: Nov. 5th : La Casita Program Center
Mar. 4th: Montrose Program Center
May 20th: El Ranchito Program Center

When: 10:00am to 2:00pm

Cost: \$20/registered Girl
\$25/non registered Girl

What's Included: Cadettes will earn Eating for Beauty Badge and Seniors will earn the Women's Health Badge. Every Girl will receive a resistance band, journal, vision board, and a fitness accessory!



Don't miss out!

Questions? Contact **Michelle Geathers**, (626) 677-2286
mgeathers@girlscoutsla.org

Register online at www.girlscoutsla.org **No walk-ins allowed.** If you need to exchange one girl for another, it must be done **PRIOR** to the event. Email mgeathers@girlscoutsla.org

wellness & healthy living