



GIRL POWER!

We are looking for girls aged 10-13 to join our exciting summer group. We are recognizing that some girls this age start dropping out of sports and activities they previously enjoyed. Our goal is to encourage girls to stay active and eat well. Building self-esteem and learning to have a positive body image are also important parts of this program.

When? July 5-9; 10:30 am-1:30 pm Or
August 23-27; 10:30 am - 1:30 pm

Where? Kitimat Child Development Centre
1515 Kingfisher Avenue

What? Each session will consist of three parts:

- A fun activity in a supportive environment
- Cooking a healthy lunch
- Learning about your self

Girls must be willing to participate and have fun! This group would not be appropriate for girls who are already active in organized sports or other activities. If you would like more information or would like to register for this FREE program, please contact us at 250-632-3144 (ext. 24—Carolyn, ext. 30—Luiza) or by e-mail at cwatt@kitimatcdc.ca or lcouto@kitimatcdc.ca