



INNER STYLE: PRESENCE OF HEART

Join us this summer!

Tuesdays and Thursdays July 12- Aug 4th
(6pm - 8:30pm)

This group is designed for girls in grades 7-9. Join us for eight sessions as we develop friendships, have fun, and learn the benefits of healthy living.

Over the eight sessions we will cover:

Self Esteem and Confidence

Friends and Relationships

Stress and Anxiety

Healthy Eating

Bullying and more!

**\$20 for all 8
sessions!**

Location: Chilliwack Neighborhood Learning Center

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