



INNER STYLE: PRESENCE OF HEART

Join us this summer!

Tuesdays and Thursdays July 11th- Aug 3rd
(6pm - 9:00pm)

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!

**\$25 for all 8
sessions!**

Location: Chilliwack Neighborhood Learning Center
46361 Yale Road, Chilliwack

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