

Hey, GIRLS! Want a way to see yourself in a whole new light?

Check out this group!

For TEEN Girls

Every Wednesday
April 21st– May 26th

6th-8th graders: 5:30-7pm
9th-12th graders: 7- 8:30pm

Classes will be held at 1601
Bond St., Suite 309(Rt. 59
& Diehl in Naperville)

Cost: \$99 if registered by
4/12, \$119 after 4/12

*Financial assistance is available
as needed*



Come to have fun
and meet new girls!

The LIFE WORKSHOPS

*A fun and interactive six
week class, designed to
inspire teen girls to find
their own unique style of
dealing with stress and
having fun in life!*

- Learn how to de-stress & worry less!
- Talk about friendships, social pressures, increasing confidence, inner and outer beauty
- Try new things to help you feel good like yoga, meditation, guided imagery and visualizing goals and dreams...

This program made possible by:



PRE-REGISTRATION IS REQUIRED.
PLEASE REGISTER AT
WWW.NCOYOUTH.ORG OR CONTACT
JENNIFER WAITKUS AT 630-961-
2992 x407 OR
JWAITKUS@NCOYOUTH.ORG

