

# Just for Girls: Discovering Grace, Beauty and Poise



*A class specially designed for tween girls: 10 years old through 13 years old*

A “tween” is not yet a teenager but no longer a child. Tween girls face many challenges and need special guidance to grow into healthy, responsible young ladies. Mood swings, increasing amounts of school work, peer pressure, social media, and advertisements with mixed messages can cause a tremendous amount of stress and affect the tween’s self-confidence and self-esteem. Learning to make good choices can be the key to making a successful transition into adolescence.

**Location:** House of Mercy & Encouragement, 2030 Main St., Dunedin, 34698

**Dates:** A four week class which meets on Tuesdays from 6pm- 7:30 pm.

**July 21<sup>st</sup>, 28<sup>th</sup>, August 4<sup>th</sup> and 11<sup>th</sup>, 2015**

**Topics:** Each week a different topic will be addressed including:

- Healthy Mind, Healthy Body – a combination of exercise, relaxation, brain gym and yoga movements will create fun and emphasize the importance of taking care of our body through movement
- Eating Healthy Habits – eating well balanced meals and eating healthy snacks will keep our body running smoothly and give us the energy we need.
- Skin Care and Beauty – good hygiene, proper facial cleansing, body language and posture will be reviewed and practiced.
- Internet Safety – including what to do about rumors, gossip and exclusion from peers

**Details:** Our two behavioral specialists, Demetria Arriaga and Kerri Garrett will facilitate the group using exercise, creating nutritional snacks, and lots of interaction.

**Cost:** \$80 for the 4 weeks session. To reserve a place you must pay the fee with your reservation. Credit cards accepted. Call Lindsay at 727 786 7951 to register.