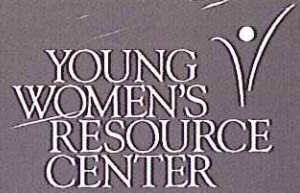


Hit the Ground Running



a FREE 8-week program

for girls in 6 & 7th grade

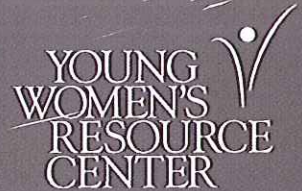
Register by calling the YWRC
at (515) 244-4901.

transportation provided!

This group is designed to encourage girls to recognize their resiliency through empowerment, physical activity and running. HTGR will meet Tuesdays and Thursdays, starting June 23, from 2:00-3:30 pm at the Young Women's Resource Center.

be yourself • accept yourself • value yourself • Love yourself • empower yourself

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