

eliminating racism
empowering women
ywca
Tri-County Area

Healthy 
Pathways 

GREAT GIRLS TODAY

WHAT A program for **4th-6th grade girls** packed full of all things GIRL:

Fitting in, Managing Stress and Frustration, Relationships, Body Image, Staying Healthy, Getting and Staying fit, Working out with friends, Planning for the future today, Prizes, Crafts, and MORE! Dress comfortably & wear sneakers! Sessions include FUN fitness!

WHEN 5:30 pm – 8:00pm (Healthy dinners are included)

Mondays: Nov 14th, Nov 28th, Dec 12th, Jan 9th, Jan 16th (MLK Day of Service), Feb 13th, March 13th, Apr 3rd, May 8th, June 5th.

WHERE YWCA Tri-County Area
315 King St, Pottstown PA 19464

COST \$50.00/yr (scholarships available)

Register online at: tinyurl.com/HPPform

Please bring a check for \$50 made out to:
“YWCA Tri-County Area” to the first meeting.

YWCA Tri County Area is an independent organization and not affiliated with the Pottsgrove School District

YWCA IS ON A MISSION TO... EMPOWER GIRLS