

**I AM
STRONG**

**SUMMER
SERIES 2018**

**DEDICATED TO EMPOWERING YOUNG SELF-
IDENTIFIED GIRLS THROUGH MOVEMENT AND
CONVERSATION.**

**THE PROGRAM INCLUDES JOURNALING,
DISCUSSION, EXERCISE, YOGA, AND
MEDITATION. TAUGHT BY CERTIFIED PERSONAL
TRAINERS AND YOGA TEACHERS.**

\$30 FOR 8 WEEKS

**COST INCLUDES T-SHIRT AND
JOURNAL**

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**JULY 9TH-AUGUST 27TH
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