



Girl Empowerment

Awesome Activity Club for Grade 3 - 5 Girls!

Register for Spring
Classes now.

Sign Up Online!

solegirls.org/sign-up



**Build confidence in an
encouraging, inclusive,
non competitive, supportive
and fun 9 week program!**

GIRLS WILL

- * Make positive goals & fulfill them
- * Take responsibility for their thoughts, actions & choices
- * Find constructive outlets for stress & frustration
- * Stand up to "frenemies" & mean girls
- * Define beauty on their own terms
- * Discover their inner strength
- * Get active & prepare to run a 5km fun run!

Port Moody

March 29th - May 31st 2016

Train to run Sole Awesome 5km
Fun Run on May 29th!

TUESDAYS: 2:45pm - 4:30pm

WHERE: Aspenwood Elementary,
Port Moody

COST: \$280 + (GST, race fee)

**see website for specific details
or call 778-952-7653*

Find us on Facebook

facebook.com/solegirls