

Young Women on the Move



FREE
Summer 2007



Our mission is to provide young women with the opportunity to grow and explore their social, physical and mental well-being through the discipline of physical activity in a safe, supportive and fun environment.

A **FREE** 4-week program beginning July 16th and the fun goes until August 10th!



Week 1 (July 16 - 20th): Cultural Awareness and Dance

Week 2 (July 23-27): Nature and Nutrition



Week 3 (July 30-Aug 3): Community Service and
Community Beautification

Week 4 (Aug 6-10): Self Awareness and Self Defense



For more information please contact
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sponsored by Healthworks Foundation Fitness Center