

GIRL POWER

Let's start the conversation about strong, powerful females

Confidence. Courage. Kindness.

The best
accessory a
girl can own is
confidence.

MONDAY - Jan 15, 2018

5-7pm

@ Raw Fit Training

3137 Swetzer Road, Loomis

COST: \$20

6th, 7th & 8th grade girls

**Led by the girls of Del Oro's Women's Athletic Club.
Leadership lessons through discussion, teamwork, & yoga.
The goal: to inspire confidence, courage and kindness.**

Wear workout clothes. Bring a water bottle, your waiver & a positive attitude

Register by Jan 12th (limited spots): <http://www.totalteamworks.com/girl-power-workshop.html>

Bring your completed waiver, \$20 cash (or check to *teamWorks*)

Lessons by *teamWorks*.

Yoga by Cassey of Raw Fit Training.

Leadership by Del Oro's WAC Club.

Facility provided by Raw Fit Training.



Questions? text Becky Lunders at 707.799.1237 or becky@totalteamWorks.com