

CHICK CHAT

Attention all 4th, 5th & 6th Grade Girls!

It is time for Chick Chat 2016

Sponsored by Helping Girls Navigate Adolescence (HGNA). Chick Chat is an opportunity for girls to gather for a day of grade level workshops focused on helping them develop their own unique sense of self. Girls will also participate in yoga, team building activities, and enjoy lunch together.



Saturday, March 19, 2016

9:00 a.m. to 3:00 p.m.

Check-in begins at 8:30 a.m.

Herrick Middle School

4435 Middaugh, Downers Grove

Attendance is open to ALL 4-6th grade girls.

PARENTS!

Parents are invited to "Mom and Dad Chat" during the morning of Chick Chat from 9-11 a.m. in the Herrick Cafetorium. Parenting expert Judith Matz, LCSW, will be speaking about "Fostering a Healthy Body Image: Changing the Conversation About Dieting, Food and Weight." She is an acclaimed author, speaker, and director of the Chicago Center for Overcoming Overeating, Inc.



Registration opens 2/1/2016.
Visit hgna.org for more information and to register.