

CORE

Connecting to Ourselves
for Real Empowerment



For All Girls
Entering 7th Grade

Presented by:
HGNA

Cost: \$20

“CORE was awesome!”
(2015 attendee)

“I loved making new
friends!”
(2015 attendee)

Friday, September 9
5 to 9 p.m. CHECK-IN 4:45 TO 5 P.M.

Are you ready for Middle School?

CORE is a fun and engaging workshop to help you create strategies to make the transition to middle school less stressful. Program features breakout sessions with topics such as friendship changes, handling social media and taking care of yourself. You'll also practice yoga, hear a panel discussion by high school girls, and enjoy dinner with friends!

TO REGISTER:
Go to: hgna.org



LOCATION

Herrick Middle School
4435 Middaugh
Downers Grove, IL 60515

Registration Deadline:
September 2

hgna.org