

CORE

Connecting to Ourselves
for Real Empowerment



For All Girls
Entering 7th Grade

Presented by:
HGNA

Cost: \$20

PAST ATTENDEES SAY:

“CORE was awesome!”

“I loved making new
friends!”

“I met a lot of girls that I
think could be potential
friends, and I feel more
ready for middle school.”

Friday, September 8
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 ONLINE CLICK HERE:

[Register at hgna.org](http://hgna.org)



LOCATION

Herrick Middle School
4435 Middaugh
Downers Grove, IL 60515

Registration Deadline:
September 1

For more info go to: hgna.org