

eliminating racism  
empowering women

**ywca**

Greater Green Bay



## **YW Hub for Middle School Girls**

### **Learn healthy habits and grow self-confidence**

Join us in exploring physical activities, healthy food options, and building self-esteem. Each session will include at least one fun physical activity and an activity around nutrition, self-esteem, or leadership. Some of these lessons will be grounded in intuitive eating and fitness to develop the skill of listening to our bodies and having a holistic and healthy lifestyle!

**Tuesdays and  
Thursdays**  
**4 – 6 p.m.**

\*FREE to participating  
students, slots are limited

For more information,  
contact Synala at  
[ssmith@ywcagreenbay.org](mailto:ssmith@ywcagreenbay.org)

Or leave a voicemail at:  
920.432.5581 ext. 141

#### **Activities Include**

- Workshops designed by UWGB nutrition students
- Food Demonstrations
- Improving body image
- Discussing meal choices and physical fitness
- Self Defense Class
- Other activities include Yoga, Acting, and Games

#### **Youth Criteria**

- Identify as female
- Must be between 11-14 years of age
- Minority and/or low income students are encouraged.

*This program is funded by the Women's Fund of Greater Green Bay*

**YWCA IS ON A MISSION**

YWCA Greater Green Bay | 230 S. Madison St., Green Bay, WI 54301 | 920.432.5581 | [ywcagreenbay.org](http://ywcagreenbay.org)

## What are the benefits?

- Make new friends
- Freedom to choose the topics and activities
- Empowering yourself and others
- Learn the 10 principles of intuitive eating, to reconnect with your body
- Get out of the house
- Grow a greater sense of appreciation

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## Keeping you safe among COVID-19

- We want to keep our friends healthy and safe, so everyone will be following social distance guidelines while participating.

## Take Route #6,8,9, or 13 to Stop Near Us

- The Green Bay Metro is Free for students with an ID!

## Call now, Register Later

- Call Synala, and we will be ready for you, registration papers can be filled out at arrival
- Walk In applications are available at the front desk

## Session Spots Available Now!

- Next Session Starts on Nov. 16th
- If the group is full or starting in the middle is uncomfortable, it's okay! We can get you registered for the next available group session.

**Please be in touch in regard to any barriers.**

**You belong at the YWCA.**



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