

A wellness program for tweens and teens!

Get fit with other girls under the guidance of physical therapists! Sessions will include fun fitness activities that target strength, endurance, flexibility and balance. Find out how to make physical fitness part of every day! Learn about what foods are healthy, and even make some delicious and nutritious snacks! Participants must be able to follow at least 1-step directions and enjoy new experiences.



Dates: Wednesdays and Thursdays in July
July 6,7,13,14,20,21 (6 sessions)

Time: 2-3 p.m.

Age: Girls ages 8-17 of all abilities are welcome!

Cost: \$100

If you are interested in attending or receiving more information, please contact Lisa Meyer PT, DPT at 815-725-2194 ext. 330 or lmeyer@joliet.easterseals.com by **June 24, 2016**.