

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 in June (7th, 14th, 21st, 28th)

Time: 1:30 – 2:30pm

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

Cost: \$80

If you are interested in attending or receiving more information, please contact Dana Kubinski, PT, DPT at 815-725-2194 ext. 271 or dkubinski@joliet.easterseals.com by **Friday, May 19, 2017**.