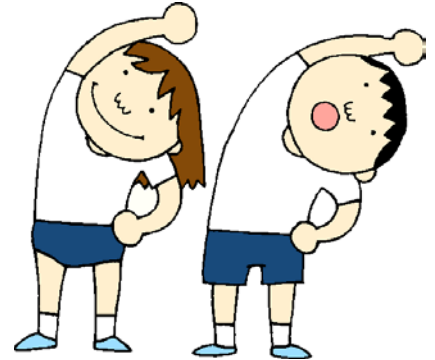


# Fun, Fit, and FIERCE!



A social and wellness program for pre-teen and teenage BOYS between the ages of 11 and 16

A cool summer program to help boys learn healthy lifestyle habits and make friends! Led by a social worker and an occupational therapist, the group will focus on developing social skills while also learning about fitness, healthy food and hygiene. Sessions will include fun fitness activities that target teamwork, endurance, strength, and socialization, making healthy snacks and discussions about being a boy! Let's make fitness, friendship, and fun part of your every day!

Dates: June 5th to July 31st (8 sessions/ no session on 7/3)

Times: Mondays- 2:30PM-3:30PM

Cost: \$150

Please contact Laura Wallace, MSW, LSW at 815-927-5466 or [lwallace@joliet.easterseals.com](mailto:lwallace@joliet.easterseals.com)

Participants must be able to follow one step directions and enjoy new experiences. All abilities are welcome!

