

# Healthy Girl



## At Powderhorn Park Summer

**Who:** Girls ages 11-17

**Where:** Powderhorn Park

**When:** 6-8PM on  
Thursdays from 7/1-8/19

### **What:**



This girl's health and wellness group will meet each week and explore different topics. Topics will include nutrition, body positivity, skin care and more. We will also move our bodies in fun ways including Zumba, yoga and rock climbing!

This free program is welcome to all fitness levels. We will provide snacks, fieldtrips and fun!

We can't wait to be healthy with you!

To Register please visit

[www.minneapolisparcs.org](http://www.minneapolisparcs.org) using Activity Number 121919 or call 612-370-4960. For questions about the program please contact Conor at [cburk@minneapolisaparks.org](mailto:cburk@minneapolisaparks.org) or 612- 249-1435

