



GIAGirl Talk Session

Fit and Fabulous: "It's A Girl Thing"

Speaker: Patrice Jones, Certified Personal Trainer



In this fun interactive GIAGirl Talk Session, the girls will learn some basic nutrition facts as well as healthy eating and living tips. We hope that this session will inspire participants to take care of themselves inside and out, through their mind, body and soul.



Saturday, May 18, 2011 @4 pm

Sursum Corda Youth Center

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