



Girls Incorporated of Durham
in partnership with
The Town of Ajax



MIND + BODY

Girls AGES 11-18

5:30pm—7:00pm

Every Thursday evening
at the Ajax Community Center

SEPT 15—OCT 6

Celebrating Sports day in Canada

OCT 13-NOV 3

Celebrating World Food Day

NOV 10-DEC 1

Celebrating a Day to end Violence Against Women

DEC 8- DEC 22

Take ACTION against Violence Against Women



Each week will incorporate one of the four signature components of the Girls Inc. MIND + BODY philosophy including BODY IMAGE, NUTRITION, STRESS MANAGEMENT, AND PHYSICAL ACTIVITY. This program will help ensure girls will have the support they need to take charge of their own health. Mind + Body will help girls and young women to strive to be healthy, feel better about their bodies, develop and showcase their skills, and participate in activities that will build their self-confidence all while becoming strong leaders in our community.

*** THIS DROP-IN PROGRAM IS OFFERED FREE OF CHARGE**

For more information about our programs and
Girls Incorporated of Durham, please contact the office at:
Girls Incorporated of Durham
1- 398 Bayly Street West
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