



GROWING UP!

A workshop for parents and their child(ren) ages 9-12

Growing up can be exciting, exhilarating, confusing and scary – all at the same time! Join health educators from myHealth for Teens & Young Adults for a fun and informative three hour workshop that will take some of the mystery out of puberty and the questions out of adolescence. Prepare to laugh, create, question, learn and grow – **TOGETHER!**

PARENTS AND DAUGHTERS

2/1/2018 • Hopkins Community Education

2/10/2018 • Edina Community Education

2/22/2018 • District 112 Community Education

3/10/2018 • Minnetonka Community Education

PARENTS AND SONS

3/17/2018 • Edina Community Education

FOR MORE INFORMATION & TO REGISTER:

myHealth for Teens & Young Adults
myhealthmn.org/classes-and-workshops

For questions, call 952-767-0439 or email
LauraH@myhealthmn.org.