

# Strong

## MIND, HEART & BODY

Help your daughter manage and reduce stress.  
Sign her up and see her build confidence and  
create intention in her life. She can expect to  
improve her mindset, nutrition, movement and  
breath work

6th-8th Grade Females

FIRST 3 SUNDAY'S IN NOVEMBER

4:30 PM TO 5:45 PM

HEATHER'S GYM

504 1ST ST, LIBERTYVILLE

\$120 per ticket for all three Sundays,  
no refunds for missed days.

Sign up at

[simplybeecounseling.net/events](https://simplybeecounseling.net/events)