



# HEALTHY GIRLS BECOME STRONG WOMEN!

Meet with other parents and caregivers of girls, ages 9 to 13, to get advice and free tools to help your family live healthier!



**For more information on BodyWorks in your community, contact:**

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Other: \_\_\_\_\_

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**BODWORKS**  
A Toolkit for *Healthy Girls & Strong Women*

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