



GIRL'S GROUP

Ages 12-14

Mondays, March 5th - April 12th 2007

3:00 – 4:15 PM

6 weeks

Homer Building, Room 313

(across from the Belmont Town Hall)



*Collage, Self Defense, Yoga/Pilates, Meditation
Journaling, Small Group Exercises, Discussion*

**This group is being sponsored by the Belmont Department of Health
Out Reach Program and is free for Belmont residents.**

Please call: (617) 993- 2720 for more information and to register.