

For Girls
Ages 8 to 12!

Presented by



Release your inner AWESOME at

Using creative, fun activities and discussions,
Sole Girls 9-week programs empower girls ages
8 - 12 with tools to develop healthy ideas about
body image, media, healthy living, peers and self-esteem.



Spring 2018 Programs

Wednesdays - downtown Maple Ridge
6:30 - 8:15 pm, Apr 25 - Jun 20

Tuesdays - west Maple Ridge
3:30 - 5:15 pm, April 24 - Jun 19

**Learn more and
register at:**

www.thrivesolutions.org



@thrivemapleridge

604.477-7780

**TRAIN TO
RUN A
5KM RUN!**

**MEET
INSPIRING
MENTORS**

**LEARN
TOOLS FOR
FRIENDSHIPS**