

# Full of Ourselves

**A Wellness Program to Advance Girl Power, Health & Leadership!!**

**We will LEARN...**

How to be "full of ourselves" in the very best sense of the phrase!

**We will TALK about...**

Assertiveness, popularity, media and healthy living!

**We will FEEL...**

More confident and be better prepared for any future challenges!

**Role-Playing! Yoga! Games! Meditation! Good Talks! Fun!**

**When:** Start date Week of Feb 22<sup>nd</sup>, 2010  
**Time:** After School or Saturday mornings. Call **858-622-0246** for details  
**Where:** La Jolla, Lemon Grove, Sorrento Valley, Pt. Loma, Chula Vista  
**Who can attend:** 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Grade Girls (Program is FREE)  
**Contact:** Charlotte Wickham at **858-622-0246** for information  
Email: [divyakakaiya@gmail.com](mailto:divyakakaiya@gmail.com)

Website for curriculum: [www.healthywithinfoundation.com](http://www.healthywithinfoundation.com) click on Full Of Ourselves

~Groups are facilitated by volunteers from Healthy Within Foundation~

