



STACEY MARSHALL
 Program Manager

"Helping young girls become empowered women"



Calling all girls!

SCAN TO REGISTER



dream big. live big.

GRADE 6
GRADE 7
GRADE 8



Why Join?

We would **LOVE** to have **YOU!**
 Our free 12-week program is designed to help you build friendships, strength and positivity. Learn goal-setting and leadership skills, and make this an experience to look forward to each week with new friends and great coaches!

Benefits

- ✓ Make new friends
- ✓ Earn a pair of runners
- ✓ Training Shirt + Race Shirt
- ✓ Healthy snacks provided weekly
- ✓ Safe, positive environment

Recreation Centres	Dates	Times
Bennetto	Tuesday	6 - 7:30 p.m.
Riverdale	Wednesday	6 - 7:30 p.m.
Central	Wednesday	6 - 7:30 p.m.
Churchill	Monday	6 - 7:30 p.m.
Bernie Morelli	Thursday	6 - 7:30 p.m.
Westmount	Thursday	6 - 7:30 p.m.
Laurier	Thursday	6 - 7:30 p.m.
Eva Rothwell	Tuesday	6 - 7:30 p.m.
Boys and Girls Club	Thursday	6 - 7:30 p.m.
Boys and Girls Club - Sanford Clubhouse	Thursday	6 - 7:30 p.m.

Visit fitactivebeautiful.ca for more information on FAB

* And those who identify as a girl

2023 FAB Girls 5k Challenge Program

REGISTER TODAY!