

SURVIVING MIDDLE SCHOOL

BOOK STUDY

For Girls



WHEN:

JULY 23 AND 25

10:00-11:30 A.M.

FREE PROGRAM

OPEN TO GIRLS ENTERING

4TH, 5TH AND 6TH GRADE

WHERE:

MURPHY-HELWIG LIBRARY

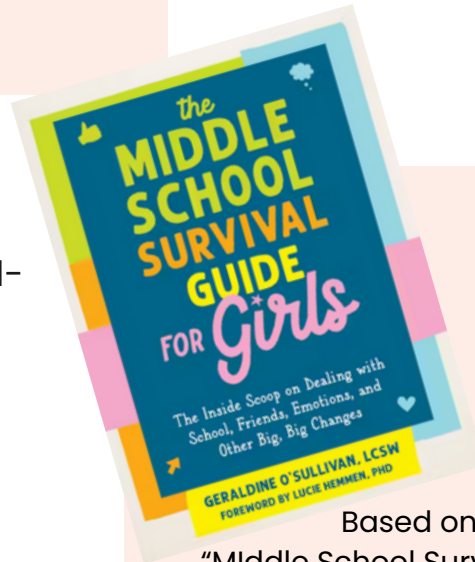
111 N. PAGE ST.

MONONA, IA 52159

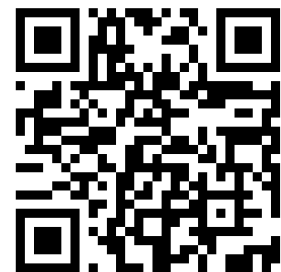
ABOUT:

Middle school is tough, but there are ways to make it better. Join National Board-Certified Health Coach, Jessica for a book study and activities that will help you

- Manage friendships
- Understand cyberbullying
- Set social media boundaries
- Improve self-esteem
- Navigate feelings about puberty & crushes
- Stop comparing yourself
- and so much more!



Based on the book
"Middle School Survival Guide for Girls"



WWW.SEVAHEALTHCENTERFORWELLBEING.COM

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SCAN TO REGISTER