

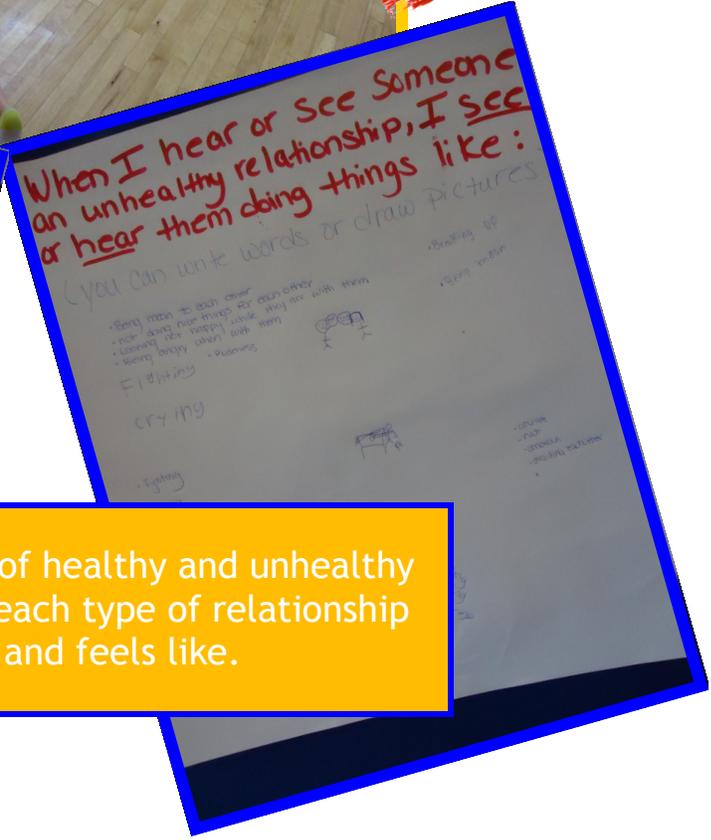
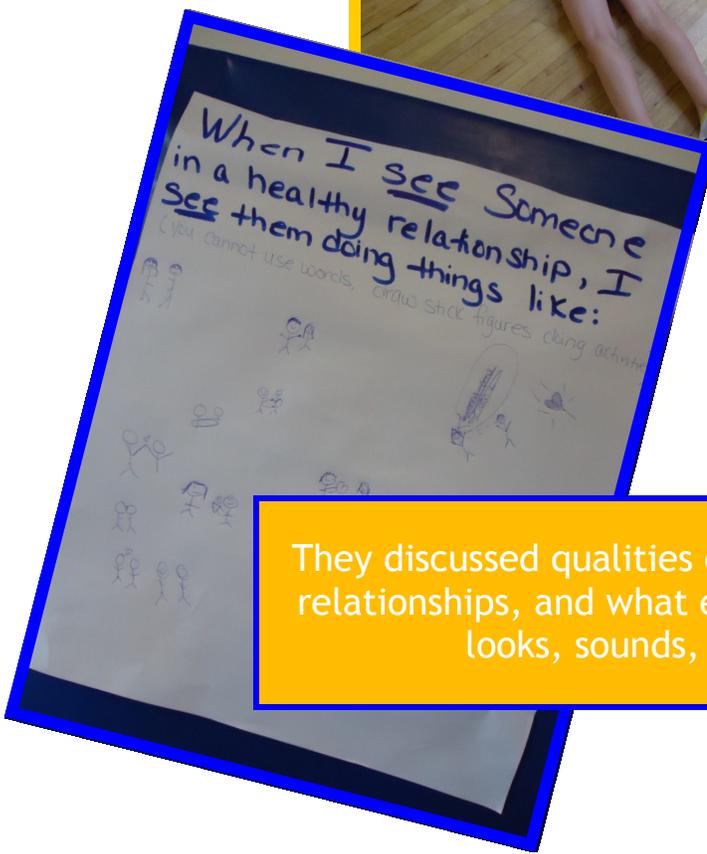




The participants learned about body image, self-esteem, and qualities of friends and romantic partners.



In another activity, the girls brainstormed words and concepts they associated with beauty and what they think beauty is.



They discussed qualities of healthy and unhealthy relationships, and what each type of relationship looks, sounds, and feels like.

Participants also learned new physical activities.



Self-Defense



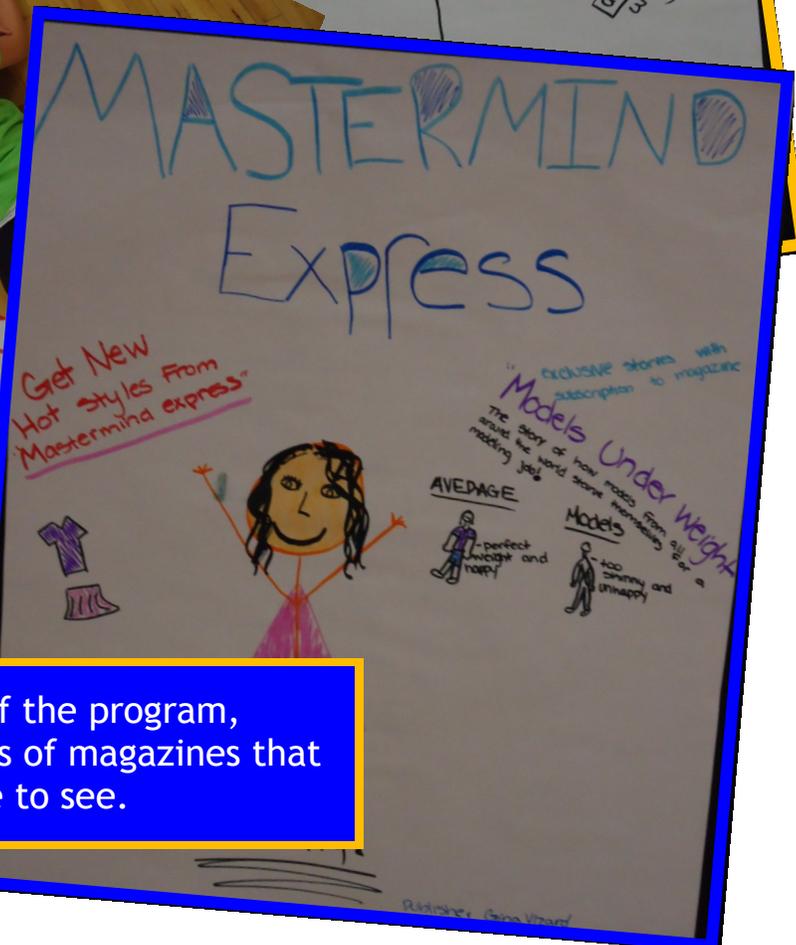
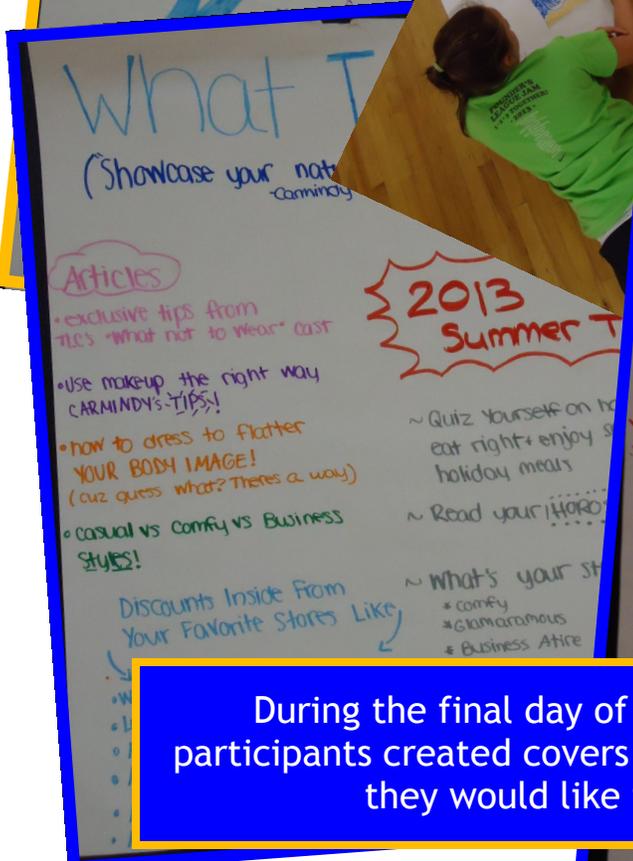
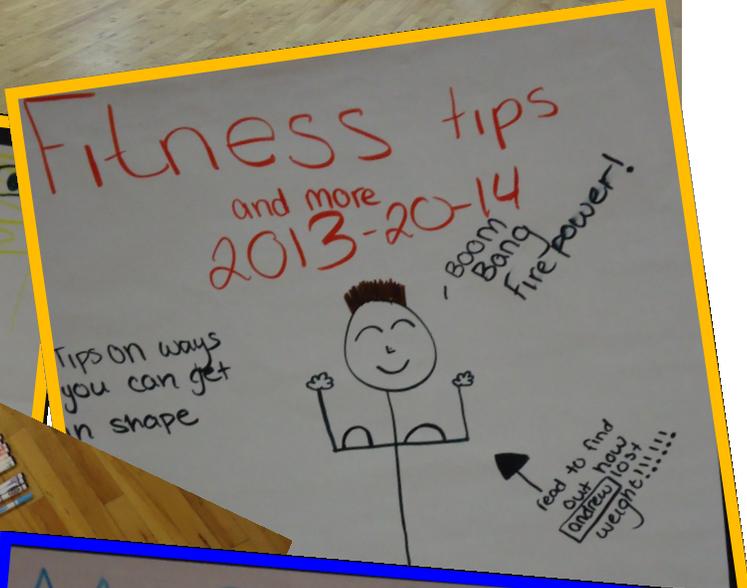
Yoga



Nautilus Equipment



Zumba



During the final day of the program, participants created covers of magazines that they would like to see.