

Thursdays at The TALL INSTITUTE

Women's Group:

Girls Just Want to Have Fun...and be Healthy!!

This class will concentrate on setting short and long term personal goals. We will have activities that will help the students make good choices in their physical health and well-being; nutrition and healthy relationships. We will actively be working towards and learning how to feel physically and emotionally healthier.

For the Fall Semester our physical goals will be addressed by our attending a CRC Water Aerobics class in the community for 8 weeks in September and October and Urban Active in November and December. In addition, we are each starting a Scrap Book with our personal pictures and mementos and will make some time to cook up some nutritious and tasty snacks.

Class Time: 2:00-7:00 pm