




OXFORD ATHLETIC CLUB

Girls Growing **Strong**

Ages 10-14

 Oxford Athletic Club



 Session 1: February 17 - March 9
Session 2: April 6-27

 3:30-4:30 PM

This uplifting four-class program, crafted by The School for Mindful Arts, is designed to promote girls' total **physical and emotional wellness**. Each session promises an array of invigorating activities, including meditation, mindful movement, creative art projects, and the joy of journaling.

Holistic Wellness ✿ **Mindful Activities** ✿ **Contemplative Art**

We'll discuss

-  Healthy eating
-  Positive self-esteem
-  Stress management
-  Productive communication strategies

Visit the OAC website or mobile app to sign up!



Scan to learn
more or sign up!



If you have any questions, please contact Jon Chu at
jchu@oxfordathleticclub.com.