

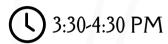
Girls Growing

Ages 10-14





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



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.