



L.E.A.D. 
(Learn. Explore. Aspire. Dream.)

HEALTHY ME



Learn to take care of yourself by eating healthy, exercising, unwinding, and de-stressing.

Healthy Me six-week series

For girls in grades K-3 who are not yet Girl Scouts

From: 6:30pm – 7:30pm

Mondays: March 29 April 5, 12, 19, 26 May 3

Don't miss out on the fun - Contact us for details!

Not a school sponsored event.

Girls will:

- Complete the Elf Self worksheet and go on an imaginary adventure
- Have a dance party
- Create a spider cupcake liner
- Make a fruit bracelet
- Color and play a fruit puzzle
- Do an apple craft
- Color your own cup
- Show and tell
- Make and play fitness BINGO

This program is FREE for girls in grades K-3 who are not yet Girl Scouts
First come; first served.

Troops are forming and volunteers are needed. Resources and support are provided.

Questions? Contact Katherine Tejada at ktejada@gsnnj.org or 973-906-0133.