

# You and Your Body

## Let's Talk About Growing Up

### Your Invited! Zoom meetings

5 TO 6:30 P.M. MONDAY, NOV. 23

(ENGLISH LANGUAGE)

5 TO 6:30 P.M. TUESDAY, NOV. 24

(SPANISH LANGUAGE)

For registration call or email us.

- Free class and training session
- Girls ages, 12-20 with disabilities
- Bring your older sister, Mom or Dad
- Celebrate becoming young women



Contact: Uniting Parents  
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