



Be Well: Healthy Living and Sports Girl Advisory Board



We know how tempting it is to be a couch potato during these lazy days of summer, but the GSSJC Be Well and Sports Council needs your help! Come dazzle us with your brilliant ideas on how to reach out to our sister Girl Scouts about healthy habits and exercises.

Who: Girl Scout Brownies, Juniors and Cadettes

Where: Girl Scout Center, 3110 Southwest Freeway, Houston, 77098

When: Sunday, July 18, 3 – 4:30 p.m.

Bring: Top 10 ideas on how girls stay healthy, completed permission and medical forms (204 & 185, found on council website, www.gssjc.org)

Min./Max.: 20/50

Cost: Can of food for the Houston Food Bank

Register: www.gssjc.org, click on Program Registration in the *Helpful Links* box. Questions – helpdesk@sgjs.org

Deadline: 7/14/2010

Contact: Melinda Gaskill, mgaskill@sgjs.org

Note: Share your ideas on what you would like offered to girls in the areas of health and sports. Can't attend? E-mail your ideas. There will be a prize drawing for those who bring their top 10 ideas on how girls stay healthy.

