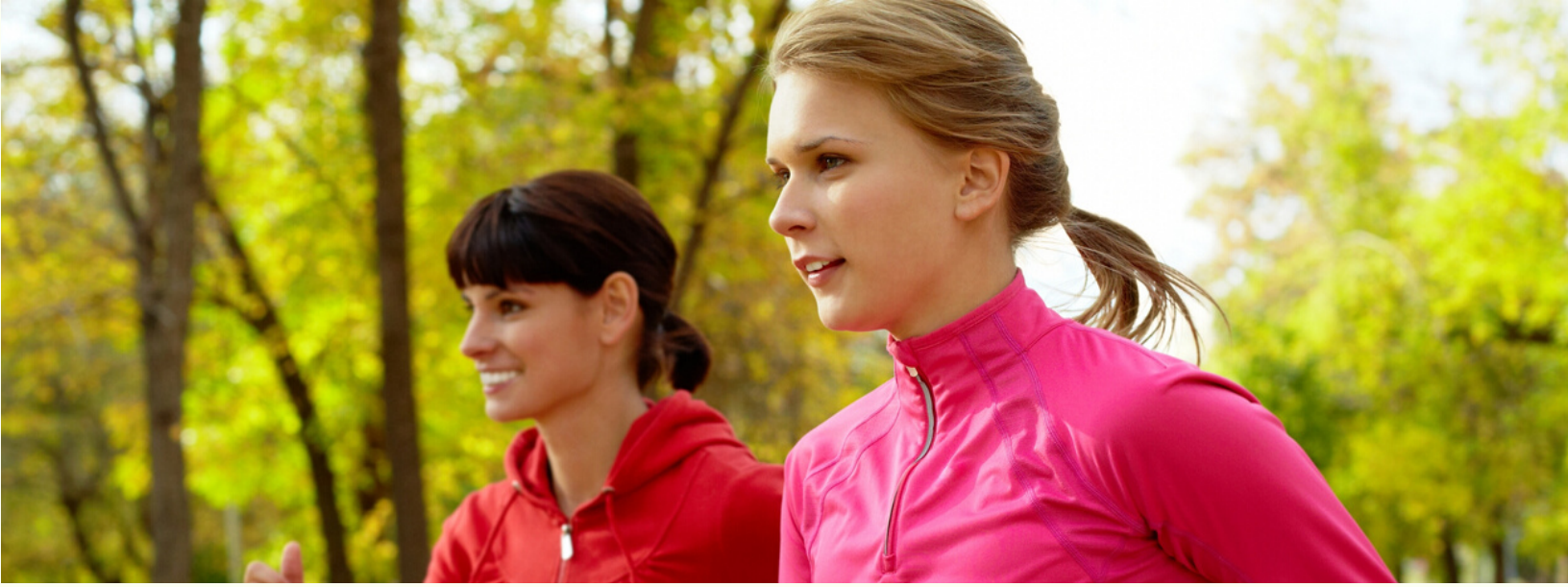

ROSE BOWL WALK & TALK

a dynamic outdoor summer group for teens in high school

institute for girls' development®

Six Tuesdays: June 30 - August 4
Meet outside the Rose Bowl's Brookside Golf Club

9am to 10:15am
$75 per session, $450 total
Feel free to request an insurance form.

This summer, get active, connect with others, build confidence and gain important skills for life!

Our new Rose Bowl Walk & Talk Summer Group integrates a fun, invigorating walk around the Rose Bowl with productive skill-building dialogue. We'll talk about issues important to you – relationships and friendships, managing stress and transitions, finding balance and more!

The benefits of the walk and talk approach:

- Increases joy, freedom, fun, and feelings of accomplishment
- Allows you to develop greater self-compassion for what your mind and body can do
- Helps you develop flexible ways of relating to yourself and others

Facilitator Brittany Fella, MA, LMFT

"Join me at the Rose Bowl! Movement and connection can allow you to tap into your spirit and strength. When you have a lot going on in your mind, it can help to move your body to release those thoughts. I look forward to supporting you this summer!" (LMFT 92791)

To learn more, contact Paige Howard at PHoward@IFGD.care or 626.585.8075 ext 108.