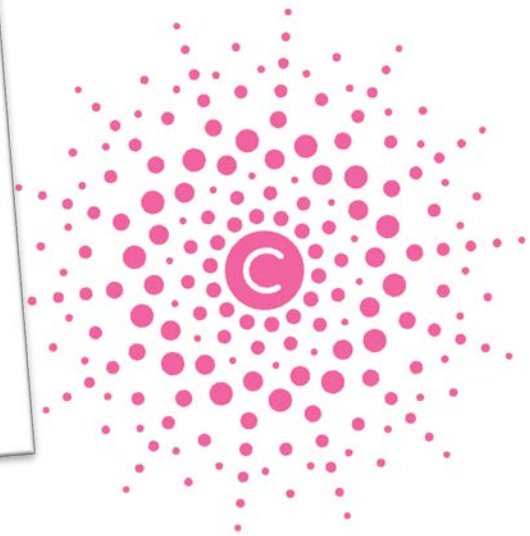


Puberty, Periods and Everything Else In Between

#ITSACYCLETHING



cycle.



Thursdays, 6:00 PM - 7:30 PM
August 20, 27 & September 3, 2015
Lanternman Regional Center 3303
Wilshire Blvd. KYRC 1st Fl., Los
Angeles, CA 91101

The Cycle Girls will provide training on personal care and hygiene for female Regional Center clients between the ages of 10 and 17.

Girls Only

EDUCATIONAL OUTLINE

- * Puberty: how and why it happens
- * Periods 101: Everything you need to know about starting your period and caring for yourself during your period
- * Hygiene: How to care for your body and the importance of personal hygiene
- * Healthy Mind, Healthy Decisions: How to keep your body healthy and the importance and impact health makes on your life

To find out more, contact KYRC Help desk at 213-252-5600 or email KYRC@lanterman.org

Please note that signed parental consent forms must be completed for each girl attending the training.

Consent forms can be accessed online at:

http://lanterman.org/uploads/training_lanterman/Cycle_Girls_Consent_Aug2014.pdf

To Register, go to www.fdlrc-cyclegirls-aug2015.eventbrite.com

or call KYRC Help Desk 213-252-5600