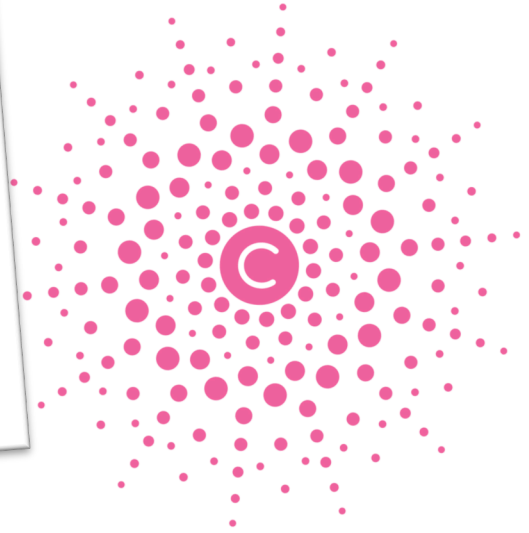


Puberty, Periods and Everything Else In Between

#ITSACYCLETHING



cycle.



**2 Consecutive Wednesdays,
August 13 and 20, 2014
4:30 p.m. to 6 p.m.**

**at Lanterman – KYRC Room
– 3303 Wilshire Blvd., LA**

The Cycle Girls and their team of women physicians will provide training on personal care and hygiene for Lanterman female clients between the ages of 12 and 17.

Clients Only – No Parents

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

Register online by August 8 at www.fdlrc-cyclegirls.eventbrite.com

Please note that signed parental consent forms must be on file with Lanterman Regional Center prior to the first class starting on August 13.

Consent forms can be accessed online at:

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

**Completed forms can be e-mailed to kyrc@lanterman.org or mailed to:
Lanterman Regional Center, KYRC, 3303 Wilshire Blvd., Suite 700, LA, CA 90010**

**Contact the KYRC for questions or more information at kyrc@lanterman.org or 213.252.5600.
View more information about The Cycle Girls at www.thecyclegirl.com.**