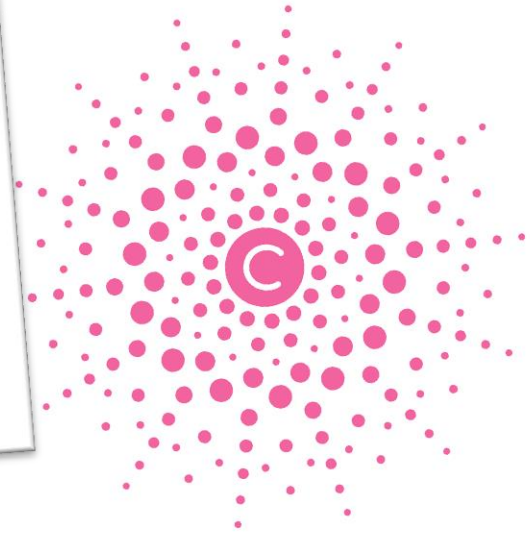


Puberty, Periods and Everything Else In Between

#ITSACYCLETHING



cycle.



Thursdays

September 18 and 25, 2014

6:00 p.m. to 7:30 p.m.

PCDA- 620 N. Lake Ave.

Pasadena, 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

Register with monica@pcdateam.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

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

Contact Monica for questions or more information at training@lanterman.org or 213.252.4976.
View more information about The Cycle Girls at www.thecyclegirl.com.