



# Girls Inc. of Greater Austin

*Welcoming Wellness While Young*

Windsor Park Branch Library  
5833 Westminster Drive, Austin 78723  
3<sup>rd</sup> Saturday of each month (1pm-3pm)  
*~No meeting in July~*



*Come ask the wellness questions that have been on your mind for weeks!*



~~cholesterol~~  
~~saturated fats~~  
~~Salt~~  
~~Sugar~~  
~~Calories~~

### Professionals:

- Chiropractors    Dentists    Dietitians
- Fitness Experts    Neurologist
- Podiatrists    Psychologists
- ...and many more



# Fun & Fitness



For girls ages 6-18  
and their parents

