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Theme: Leadership

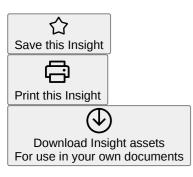
Parents Guide to getting young women and girls physically active



This parents' guide gives insight into encouraging young girls to be physically active, by creating an enjoyable and supportive environment where girls can build body confidence, strength, flexibility, and friendships.

Downloads & Resource Files

• <u>hera-parents-toolkit-final.pdf 860KB PDF</u>

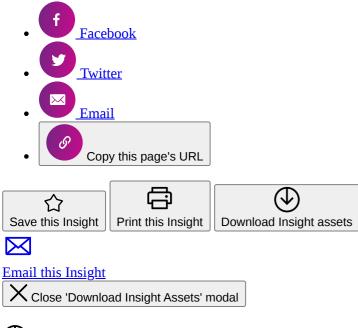


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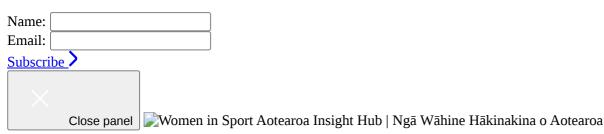


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