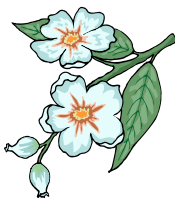




# Hello Gorgeous!

Cadettes & Seniors - Give yourself a makeover...inside and out.

- **How to lead a healthy life!**
- **Eat your way to a healthy mood, mind and body!**
- **Learn how to keep your energy flowing!**
- **Fads or beauty?**



Cadettes will work on the Eating for Beauty badge

Seniors will work on the Women's Health badge

We can answer questions:

Long Beach area  
 Carissa Dragan  
 Cdragan@girlscoutsla.org  
 (626) 677-2256

Montclair area  
 Elisa Blackmon  
 Eblackmon@girlscoutsla.org  
 (626) 677-2333

Two dates to choose from:

**December 3, 2011**

**10:00 am-3:00 pm**

El Ranchito

4040 N Bellflower Blvd  
Long Beach

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**March 24, 2012**

**10:00 am-3:00 pm**

Montclair Service Center  
9525 Monte Vista Ave  
Montclair

Program cost is \$12

Register at [www.girlscoutsla.org](http://www.girlscoutsla.org)

Registration deadline is 1 week before program  
No walk-ins or late registrations allowed

wellness & healthy living