

# GIRLS GROW UP

## A Growing Up Guide for Moms & Daughters

The “tween” years can be a challenging time for girls and their mothers. If you have a daughter entering puberty, you may have many questions. Knowing what to look for can ease your mind and help your daughter through these significant physical and emotional changes. Join our health educator for an informational evening where we will discuss:

- Physical changes— including growth and menstruation
- Social changes— including self-esteem and body image
- Emotional changes—including mood swings, anxiety and more

### Girls Grow Up

For moms and girls ages 9-12

Jan. 16, Feb. 20, Mar. 21 or Apr. 9

7-8:30 pm

1 Class | \$20 per child, free for Moms

CentraState's Star and Barry Tobias  
Health Awareness Center  
901 West Main Street, Freehold

To learn more or register:

 732.308.0570

 [livelifewellnj.com/events](http://livelifewellnj.com/events)



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