

Girls Healthy Living Week

Ideas from across CCRSB and the province!

- Quit 4 Life (Smoking Cessation Program)
- Internet Safety presented by the local police department
- Step Class / Stability Ball / Fitness Classes
- Badminton
- Tai Chi
- Yoga
- Belly Dancing
- Scrapbooking
- Kick Boxing
- Diabetes Information Program
- Swimming
- Water Safety
- GO (Girls Only) Gym Time
- Karate
- After School Programs
- Healthy Sexuality Session
- Healthy Meals
- Substance Abuse Information Session
- Spa Night
- Cooking Classes
- Smoothie Bar
- Team Building Activities
- Girls Luncheon
- Wellness Session through Public Health
- Art Collage (Being a girl)
- So You Think You Can Dance DDR Dance Off
- Teachers vs. students sporting event
- Tantramar Wetlands Outdoor Event
- Skate Pass Programming
- HPV Info Session
- Skin Deep Session on Tattooing & Piercing
- Hip Hop Dance
- Skipping Rope Club
- Self Esteem Workshop
- Indoor Golf
- Ultimate Frisbee
- Orienteering
- Pool Aerobics
- Hiking
- Pedometer Competitions
- Speed Stacking
- Amazing Race Competition
- Coping with Stress
- Anger Management
- Outdoor Programs
- Mental Health
- After School Sports Day
- Self Defense
- Dating & Relationships
- Akido Classes
- Taste Testing
- Decision Making
- Myers Brigg's Session
- Jazz Dance
- Healthy Snacks
- Motivational Speaker
- Parachute Exercises
- Healthy BBQ