

# Spring Self Care

## **SISTERHOOD**



### **CREATIVE SELF-CARE & EMPOWERMENT**

**TUESDAYS, 2:30-4pm**  
April 25  
May 2  
May 9  
May 16

**Body Scrubs**  
**Vision Boards**  
**Stress Busters**  
**Self-Care Tips**

**NOT a YW3CA  
YEP Youth Yet?**  
**Make sure you register!**  
→



**Already a YW3CA YEP  
Youth?**  
**Just Show up!**  
**MEET IN LOBBY**

**Register Here: <https://tinyurl.com/YWYouthEmpowerment>  
Girls In Charge Pottstown MS Program**