

**PARENTS: YOU CAN EARN 5 VOLUNTEER HOURS FOR YOUR STUDENT'S PARTICIPATION!**

<http://www.ruth4kids.org/events>

6<sup>th</sup> Annual Rockin Out for Puberty  
**The Health and Wellness Fair**

**RUTH4KIDS**

**Open to all Women and girls ages 9-17**  
**Saturday April 27, 2019 - 9.00AM- 3.00PM**  
Exchange Park Recreation Center, 2771 Columbia Dr  
**preregister at [www.ruth4kids.org](http://www.ruth4kids.org)**

**\$5 for students ages 9-17 | \$10 for adults ages 18 and up**

**ACTIVITIES & DISCUSSIONS INCLUDE:**  
Workshops • Lunch & Breakfast • Games and Door Prizes

**WORKSHOPS BY INDUSTRY PROFESSIONALS FOR WOMEN and YOUTH ages 9-17**  
Teen and Preteen Obesity and Healthy Eating  
Making Safe Choices (HIV/STI Education)  
Mental Health Discussions  
Fitness Activities

**Thanks to our partners:**

