



The Kick It workshop inspires girls to come together to learn, teach, and share!

Our objective is to motivate young women to live life inspired, to be strong and confident, to be empathetic and kind, and to be empowered!

Who: Girls ages: 7–12

What: Girl's workshop

When: Feb 7th from 4:30–6:30

Where: BLS

In this martial arts–integrated workshop, young girls ages 7 through 12 will receive the tools to develop positive self–esteem, cultivate friendships, and identify exceptional role models.

RSVP–by Feb 1st to Ms. Ariel 410–263–0050
Wear comfortable clothes you can Kick it! in!!!