



## MIND+BODY INITIATIVE

Mind+Body supports and promotes the **whole health of girls ages 5 to 18**, using a philosophy which recognizes that many factors, including physical and mental wellness, contribute to girls' overall health. We empower girls to take charge of their bodies and make healthy decisions!



**78%** of girls under the age of 17 are **unhappy with their bodies!**

**WITH YOU IN HER CORNER,  
SHE WILL SUCCEED.**