



JOIN THE *YES! / CAN!* PROGRAM AND GET READY TO HAVE FUN!

Where?

This research program will take place at the Boys & Girls Club Buley Center and The Ross Center. The same classes will be offered at both centers - you can choose which center you want to go to.

When?

This research program is 8 weeks long. It will run between August 30th - October 22nd , 2021. Activities take place from 5 - 6pm Monday to Friday.

Who can participate?

You can participate if you are in 6-8th grade. You must not have physical limitations that prevent you from being physically active.

What do I get for participating?

You will a free membership at Boys and Girls clubs or The Ross Center at sign-up. Then, if you come at least 3 times a week, you get a budget to shop your favorite workout clothes or equipment and receive free cooking kits and recipes to share!

You will be involved in various activities such as soccer, fitness games, Ultimate frisbee, plus you will gain hands-on experience and learn about making healthy food choices along the way!

IF YOU ARE INTERESTED IN PARTICIPATING IN THE YES! I CAN! RESEARCH PROGRAM, SHARE THIS FLYER WITH YOUR PARENTS. YOUR PARENTS CAN SIGN YOU UP BY CONTACTING THE BOYS & GIRLS CLUB BULEY CENTER OR ROSS CENTER FRONT DESK. We're on Facebook @ YES! I Can Muncie



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