

BSAI Presents... Smart Fit Girls - Black Girl Joy!

A Sankofa Program for Middle School Girls

Join us for an empowering program that celebrates and affirms the unique experiences, strengths, and cultural heritage of Black middle school girls. This culturally responsive program centers Black excellence and joy as participants develop confidence and a strong sense of identity rooted in their distinct cultural perspectives while flourishing in sisterhood with other Black girls. Black Girl Joy creates a transformative space that nurtures girls as they embrace their authentic selves and cultivate positive body image and self-esteem. Through movement, mentorship, and community engagement, participants connect with role models who reflect and honor their lived experiences and support their overall well-being.



- ★ Girls in Grades 6th-8th
- ★ Saturdays, 9am-1pm
- ★ 7 Weeks: Begins 2/22/25
- ★ Addams Elementary School:
5320 Pine Ave, Long Beach



**REGISTER
TODAY!**



smartfitgirls™

Questions? etaylor@lbschools.net