

STEP IT UP!

YOUTH OF VALOR EMPOWERMENT (Y.O.V.E.)

Mentoring, Health and Nutrition Program



Girls ages 14 - 18

Tuesdays, February 3 – May 5, 2015

4:00 - 6:00 pm

North Miami Police Department

Community Room, 1st Floor

700 NE 124 Street, North Miami, FL 33161

Sign up today @ the North Miami Public Library ANNEX
835 Northeast 132 Street (North of the Main Building) North Miami, FL 33161

First come first served - each participant will receive a free t-shirt, and a certificate at the end of the program.
High school students may be eligible to win a scholarship!

Sessions Include:

- Weight Control: Eat Better & Live Stronger
- Culinary Art Sessions
- Empowerment & Motivation
- Dress for Success and More



NorthMiamiFL.gov

In Partnership with



JOHNSON & WALES
UNIVERSITY



Ladies of Valor Empowerment (L.O.V.E.)
12864 Biscayne Boulevard PMB 124
North Miami, Florida 33181
www.ladiesofvalorempowerment.org

Call us today!
North Miami Public Library 305-891-5535 or L.O.V.E. 786-463-5683.