



MUST REGISTER – SPACE LIMITED – VERY POPULAR!!

## Always Changing, Always Growing Up ~ For Girls!

4<sup>th</sup> & 5<sup>th</sup> Grade Girls and an important adult in their life are invited to attend...

- A maturation program to help answer questions that girls might have about their growing and changing bodies.
- The session will cover physical and emotional changes that occur in girls during puberty, including menstruation.
- A short video will be followed by a lively discussion session.

Local school districts usually present a maturation/reproductive health program for elementary students during their regular class time. *This class is not intended to replace any current reproductive health programs, which may continue as always.* The MISD is offering this class to those interested girls and their parent/guardian IN ADDITION to regular school programming.

*Open to any adult in the community and any 4<sup>th</sup> and 5<sup>th</sup>-grade girl in the community.*

**Where:** VIRTUALLY ON ZOOM

**When:** Thursday, January 11, 2024 - Register [HERE](#)  
Tuesday, March 12, 2024 - Register [HERE](#)

**Time:** 6 - 7:00pm (log in at 5:45pm)

MUST Register in advance for this meeting (fills up quickly)  
Registration information can also be found on the MISD website:  
[www.misd.net](http://www.misd.net) (lick course offering tab and search for 'Always Changing, Always Growing Up')



After registering, you will receive a confirmation email. A few days before the class, you will receive a reminder and information about joining the meeting (Zoom link).

**Contact Sara Orris with questions [sorris@misd.net](mailto:sorris@misd.net) or 586.228.3460**