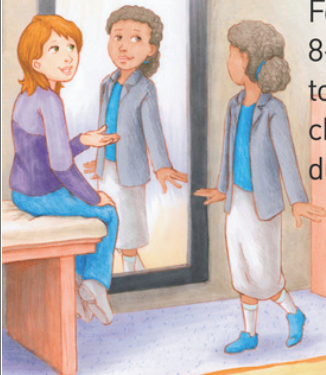


CELEBRATE PUBERTY



WORKSHOP

For girls
8-10 years old
to learn about
changes
during puberty



Register Online AnatomyForKids.com/Celebrate-Puberty



About Dr. Metten

Workshops are taught by Dr. Shelley Metten, a celebrated educator and anatomist, retired from the faculty of the UCLA Medical School to pursue her dream to teach young girls about their changing bodies so they know the correct information and be confident.



Small groups of girls (and their moms!)
learning about their body and the changes
that will happen during puberty

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Girls will:

Learn about the structure of their reproductive system and look ahead to the changes that are coming during puberty in a safe place where they can ask questions and learn from each other.

We discuss topics like:

- What is puberty?
- What are breast buds?
- Why do I feel different now?