

STEP IT UP!

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

Mentoring, Health and Nutrition Program



Girls ages 14 - 18

Every Tuesday, September 1 - December 1, 2015

4:00 pm - 6:00 pm

Sign Up Today

North Miami Public Library
835 N.E. 132 Street
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 with a 2.5 GPA or higher may be eligible to apply for scholarships with local foundations.

Sessions Include:

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



NorthMiamiFL.gov

In Partnership with



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.

NorthMiamiFL.gov/nomilibrary