

Reach for the Stars

This after school program will provide girls in grades 6th-8th with a fun and exciting way to learn about healthy eating, goal setting, exercising, and friendship. Once a week, MND students will go to St. Nicholas Academy in Reading and meet with the young ladies. The MND students will help them reach for the stars by serving as mentors and showing them what it means to be empowered young women!



Where? St. Nicholas Academy

When? Thursdays 3-4pm

What? Having fun with 6-8th graders and teaching them to be empowered young women

CONTACT Katie Hindersman, Lydia Haubner, or Fiona Young if you have any questions!

HindersmanK18@mndhs.org

HaubnerL18@mndhs.org

YoungF19@mndhs.org

Find other information at mndhs.org/reach