

FIND WHAT MOVES YOU

Appreciate, explore, and embody your authentic self!

Activities

- Movement: **Yoga, dance, kick-boxing, and more!**
- Social connection
- Self-reflection



Registration

Register on our website or scan below!

[Findwhatmovesyou.org](https://findwhatmovesyou.org)



Registration - English



Registration - Spanish

Details

- For girls 11-14 years
- **Free** 4-week program
- April 11th- May 4th
- T/TH 4:15-5:00pm (PDT) on **Zoom**
- Inclusive of cisgender, transgender, and nonbinary youth.

Email: fwmy.program@wsu.edu

Website: [Findwhatmovesyou.org](https://findwhatmovesyou.org) 

Washington State University: Psychology of Physical Activity Lab