

Back to School!

FITNESS, FUN & FRIENDSHIP



Classes start soon.
Sign up now!



Strength and Cardio Boot Camp

Our fall session will motivate, educate and encourage you on your fitness journey.

With our variety of class options like interval training, endurance runs, and trail running, you're sure to find the right fit for you.



MOMSONTHERUN.COM

EN AVANT SCHOOL OF DANCE

- Competitive & Recreational Programs
- Experienced and Educated Staff
- Ages 18 Months and Up
- Classes offered: Mommy and Me
Pre-Ballet/Creative Movement
Ballet and Tap / Pointe
Jazz and Hip Hop
Modern and Lyrical



Award winning Competition teams



En Avant
School of Dance
enavantdance.com

SHARING
THE JOY OF
DANCE IN
EAU CLAIRE
FOR 43 YEARS

Back to School Snacks!

All of these great companies share the same philosophy that we do at *Second Opinion* by being organic, or mostly organic. Visit their websites to see all the other products they offer!



JAMBAR

Organic Artisan Energy Bars

These certified organic energy bars are made with all-natural ingredients. Gluten-free, grain based. Good source of protein. Fair trade certified - Every JAMBAR gives back to the community, promoting more human, joyful interactions. jambar.com



BRAINIAC FOODS

Little Brainiac Brain Squeezers & Applesauce. No-sugar added pouches with Omega-3s and choline for healthy brain development.

Brain Powering Almond Butter. A natural, healthy and delicious almond butter snack with the added benefits of nutrients that fuel your brain. Omega-3s, Choline & Protein.

Brain and Eye Health for the Entire Family. A tasty gummy made with science backed nutrients found in the body and designed to support brain and eye health. Omega-3s, Choline, Lutein & B Vitamins.

brainiacfoods.com

Back to School!

Naturally it's the Best!

- Healthy Snacks
- BPA Free Helimix Shaker Bottles
- Green Containers
- All Your Supplement Needs!



Stasher – the functional alternative to single-use plastic
 Microwave ready • Dishwasher safe
 Freezer friendly • Stove top/Oven safe



2434 London Road
 Eau Claire
 834-2341
 800-359-5034

Check out our website at mothenaturesfood.net

FLIP INTO FALL



ULTIMATE PERFORMANCE
 GYMNASTICS AND CHEER

- Gymnastics • Cheer •
- Tumbling & Trampoline • Ultimate Ninja •
- for Girls & Boys



2023-2024 school year classes begin September 5th

4289 124th Street, Lake Hallie, WI 54729
715.861.7333
www.teamupgym.com



HUGE SAVINGS

Free Admission
 UP TO 50-90% OFF RETAIL!
 on everything you need for kids!



AUG 10-13

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 5530 Fairview Dr, Eau Claire, WI 54701

Thursday- Saturday 10a-8p • Sunday 9a-3p
 Sell items too! Items from local families—details online



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RESALE EVENT • SIZES NEWBORN THROUGH TEENS | BOOKS | TOYS | BABY GEAR | STROLLERS • MORE!

Your Year of Exploring



Visit gsnwg1.org/join for more information!

Girl Scouts Today | A Better World Tomorrow

In a rapidly changing world, providing kids with platforms that foster their personal growth, leadership skills, and self-confidence becomes increasingly crucial. Girl Scouts has been doing exactly that for over a century. With a rich history of empowering girls and young women, the Girl Scouts offers a unique and invaluable experience that equips girls with the tools they need to thrive today.

Building Leadership Skills

Girl Scouts emphasizes leadership development as a core component of its program. Girls learn to take charge, make decisions, and effectively communicate with others through various activities. They are encouraged to lead projects, collaborate with their peers, and develop essential skills such as problem-solving, critical thinking, and teamwork. These leadership experiences prepare girls to become confident and capable leaders in their schools, communities, and future careers.

Encouraging Financial Literacy and Entrepreneurship

Girl Scouts allows girls to develop financial literacy skills and explore entrepreneurship. The organization's iconic cookie program teaches girls important budgeting, marketing, and goal-setting lessons. By setting sales targets and managing finances, girls gain practical knowledge that helps them navigate real-world situations. Additionally, Girl Scouts offers badges and programs that foster an entrepreneurial spirit, encouraging girls to think creatively, take risks, and turn their ideas into successful ventures.

Promoting Diversity, Equity, and Inclusion

Girl Scouts is committed to creating an inclusive environment that celebrates diversity. The organization actively promotes understanding, respect, and acceptance among people of different backgrounds, cultures, and abilities through its programs and initiatives. Girl Scouts encourages girls to engage in conversations about social justice, equality, and the importance of standing up against discrimination. By participating in diverse troop activities, Girl Scouts learn firsthand the value of inclusivity and develop empathy for others.



Fostering Outdoor Adventures and Environmental Stewardship

Girl Scouts embraces the outdoors as an integral part of its programming. Girls are encouraged to explore nature, engage in outdoor activities, and develop an appreciation for the environment. Whether hiking, camping, or learning outdoor survival skills, these experiences allow girls to develop a sense of adventure, resilience, and a connection to the natural world. Girl Scouts also instills a strong commitment to environmental stewardship, teaching girls the importance of sustainability and encouraging them to take action to protect the planet.

Nurturing Lifelong Friendships and Supportive Networks

Joining Girl Scouts provides girls with a supportive community where they can forge lifelong friendships and build meaningful connections. Through troop activities, girls can interact with peers who share their interests, goals, and values. These friendships create a network of support, fostering a sense of belonging and camaraderie. Girl Scouts also provides mentorship opportunities, allowing girls to connect with experienced female leaders who inspire and guide them on their journey.

Girl Scouts continues to play a vital role in empowering girls and young women. By focusing on leadership development, financial literacy, diversity, environmental stewardship, and fostering strong relationships, Girl Scouts equips girls with the skills, knowledge, and confidence necessary to thrive in any endeavor they choose. Joining Girl Scouts offers girls an unparalleled opportunity to grow, learn, and make a positive impact in their communities and beyond. It is an investment in their future and a commitment to building a better world where girls can truly flourish.

Learn more at gsnwg.org.