

Register now for 'Girls on the Move' beginning Wed. March 30th. This five-week program, for girls grades 4 - 8, offers a variety of activities including food creation, circuit training, dancing, and resilience-building. Weekly sessions are held from 6:30 p.m. - 7:30 p.m. at the Port Lambton Community Center and are supported by the Sombra Optimist Club and the Port Lambton Athletic Association. The cost is \$20 for five weeks. For more information or to register, contact Rose 519 677-5924 rbatkins@kent.net Megan 226-627-2307 sealey_megan@hotmail.com