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**Do you have a potential ironwoman at home who wants to start running?**

**This summer, Athletics Yukon—in partnership with YWCHSB & the Youth Investment Fund, is offering a week-long camp for girls entering Grades 8 - 12. The camp will focus on daily running along with drills through games and fun activities. As well, we’ll explore movements that help keep us strong and healthy throughout our lives.**

**This camp will offer a safe space for young women at any running level. All Ironwomen will be supported by Natalie Thivierge and with the help of some wonderful high school student peer coaches.**

**The camp will also address the importance of self-care and our mental health. We’ll explore risk management, self-care, the importance of sleep and positive self-talk.**

**Dates:  July 11 - 15, 2022**

**Time:   From 9 am to 3 pm**

**Place:   CSSC Mercier gym.**

**Cost:    $100 per participant. If cost is a barrier to participating, please contact me.**

**Online registration link:** <http://www.trackiereg.com/22IronwomenAugGr5-7>

**Contact:**

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|  | **Natalie Thivierge**  Safety Communication Consultant  Corporate Services | Communications  Yukon Workers’ Compensation Health and Safety Board  m 867-332-1056 | e [natalie.thivierge@gov.yk.ca](http://natalie.thivierge@gov.yk.ca) | [wcb.yk.ca](https://wcb.yk.ca/) |