

For Girl Scout Cadettes, Seniors, and Ambassadors

The Confidence Code: Unlocking the Power of Body Positivity for Mental Health

Saturday, November 15, 2025 | 10:00 AM–1:00 PM

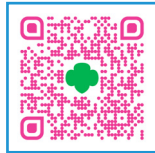
Nassau Community College | College Center Building
One Education Drive, Garden City, NY 11530

Join us to feel strong, confident, and totally YOU!

- Get tips and tools from wellness pros to boost your confidence and self-love
- Discover the connection between body image and mental health
- Move and groove in a high-energy step aerobics session
- Celebrate your strengths—inside and out!



girl scouts
of nassau county



\$45 per registered Girl Scout

To learn more and register, visit bit.ly/gsnc-confidence-code or scan the QR code.



You'll complete all of the requirements for the **new Cadette, Senior, and Ambassador Body Appreciation badges**, available for purchase in the GSNC shop.

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