

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

WEDNESDAY, SEPTEMBER 9, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Workout Challenge	Check out this 5- minute standing work out that focuses on your core and helps build ab muscles. Click Here
Health & Wellness	Self Care	Ms. Arnelle discusses self care tips using a hair mask and hot oil treatment. Watch as she shows us how to take care of our hair and keep it healthy and moisturized. Click Here
Character and Citizenship	Mindfulness	Can you go from feeling stressed to calm in under 30 seconds? Phil Boissiere shares his simple technique to bring mindfulness to your busy life, any time, anywhere. Click Here