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BOYS & GIRLS CLUBS  
OF CARSON

BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

FRIDAY, OCTOBER 30TH, 2020

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff <a href="#">Click Here</a>
<b>Health &amp; Motivation</b>	Healthy Living	Taking care of our physical health is important, therefore I hope you all enjoy a cool HIIT workout training video <a href="#">Click Here</a>
<b>Leadership</b>	Take The Lead	AIIESEC is the world's largest youth-led organization, present in over 140 countries and territories. We strive to achieve peace and fulfillment of humankind's potential through the delivery of leadership experiences. <a href="#">Click Here</a>
<b>Sports &amp; Recreation</b>	Sports	Today you will learn how to play bop it, an at home game with very little supplies! Remember to have fun! <a href="#">Click Here</a>