

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS  
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

TUESDAY, DECEMBER 22<sup>ND</sup>, 2020

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Sports &amp; Recreation</b>	Flexibility	Are you mobile and able to move freely? This video demonstrates 6 exercises to increase your mobility and flexibility. <a href="#">Click Here</a>
<b>Health &amp; Wellness</b>	Skincare	Ms. Arnelle conversates on blackheads and the little things you can make at home to remove them. Learn more about blackhead removal and the harm it can do to your skin if they are not treated. Beware of using ingredients you are allergic to. <a href="#">Click Here</a>
<b>Character and Citizenship</b>	Leadership	How to be a leader motivational speech by Simon Sinek. You will discover why leadership is a choice. <a href="#">Click Here</a>