

\_\_\_\_\_, the American Heritage Girl  
who gave this to you, believes she is

# Free to B. a Blessing

...and prays she's been  
a blessing to you today.



By exploring the things she's good at  
and the things she cares about, she is discovering the  
story God wrote just for her, and is sharing His love in  
ways that are unique and meaningful to her.

God's rich blessings to you, from all of us at American  
Heritage Girls and Frieda B. May His promises in  
Jeremiah 29:11 and Ephesians 3:20 give you reason to  
Dream Big and Believe in your own free-to-be story!

To learn more about American Heritage Girls,  
Frieda B., and the Free to B. a Blessing initiative,  
visit [FriedaB.com/AHG/FBAB](http://FriedaB.com/AHG/FBAB).



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B., and the Free to B. a Blessing initiative, visit  
[www.ahgonline.org/FBAB](http://www.ahgonline.org/FBAB) or [FriedaB.com/AHG](http://FriedaB.com/AHG).



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