

In partnership with *Soroptimist International of Saguaro Foothills and Cave Creek Unified School District

Sharing Healthy Experiences*



*Sharing Healthy Experiences is a program designed for girls by Katey McPherson. For more info, go to www.sharinghealthyexperiences.com



Saturday, February 6th, 2010

Join us for a fun filled day celebrating being a girl!

Girls, grades 5th through 8th will experience high energy break-out sessions with experts in the field of communication, body image, self esteem, nutrition, law enforcement and fitness. Enjoy a day of music, dancing, food and hands-on interactive sessions!

Parents will participate in discussions related to teen development, appropriate prevention and intervention techniques; including risky behaviors, self destructive behavior, internet safety and surviving the "come here, go away" phase of being a parent of a girl this age.

Featuring performance by:

AND

*Ali Vincent from
The Biggest
Loser*

Where:
Sonoran Trails Middle School
5555 East Pinnacle Vista

Time:
9:00 a.m. – 3:00 a.m.

Cost:
EARLY Registration:
\$10.00 (Plus \$5 for each additional person)
AFTER Jan. 27th, \$15.00

Register online at:

<http://sites.google.com/site/sharinghealthyexperiences/>



Door Prizes!

Soroptimist is an international organization for business and professional women who work to improve the lives of the women and girls in local communities and throughout the world. Almost 95,000 Soroptimists in about 120 countries and territories contribute time and financial support to community-based and international projects that benefit women and girls. The name, Soroptimist, means "best for women," and that's what the organization strives to achieve.