

strive for STRENGTH

Retreat

will educate young

women on the following issues:

- Social Pressures
- Female Athletics
- Depression
- Self-Esteem
- Domestic Violence
- Women's Health Issues
- Family & Friend Relationships
- Leadership Development
- Goal Setting
- Decision Making
- Bully Aggressive Behavior
- Healthy Body Image
- Eating Disorders

Strive For Strength is a grass roots organization under the direction of Sacramento Asian Sport Foundation Junior Board of Directors, a component of local high school females in Sacramento and other outer lying cities. The objective for the retreat is to inform, educate and to empower female participants.

Monday, March 29, 2010

9:00 AM to 3:00 PM

SASF/Bel Air Wong Family Community Center

9040 High Tech Court, Elk Grove, CA 95758

Leaders and Professional Speakers From All Facet Of Life and Organizations including:

- Department of Alcohol and Drug
- Kaiser Permanente Organization
- My Sister's House

inform
educate
empower

Registration: \$45* per participant - before **MAR 1**
\$55 per participant - **MAR 2** - March 20
\$60 per participant - at the door

Includes T-shirt, continental breakfast, lunch and give away bag

Open to **ALL** young females ages 12 years - 18 years. Registration forms available online. Registration Scholarships available on an as needed basis.

**Registration fee must be paid in full prior to the retreat. NO REFUNDS.*

Snack Bar will be open - Cash only.

For more information: **www.StriveForStrength.org**

Email: **StriveForStrength@yahoo.com** • Phone: **916.595.5999**

Sponsored by:



SECRETS

Covidien Group- Kelly Yamaichi & Betty and Fee Louie

Supported by:

Kaiser Health Foundation, Panda Express, United Natural Foods, Western Contract Furnishers

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This is not an EGUSD/SCUSD sponsored program and EGUSD/SCUSD accepts no liability or responsibility for this program/activity.

