

# **Girls Rock! Mom & Daughter Workshop**

For Girls 10-13, and their Mothers

**Saturday, March 3: 10:00am-2:00pm**

The Carnegie Center for Literacy and Learning

251 W. 2<sup>nd</sup> Street, Lexington

[www.CarnegieLiteracy.org](http://www.CarnegieLiteracy.org)



**Girls**, this workshop is for you if:

- 1) You are tired of media messages promising that beauty & happiness are a one-size-fits-all deal.
- 2) You sometimes feel your parents are from another planet.
- 3) You'd like to hear directly from older teens—big sisters—how to manage life!

**Moms**, this workshop is for you if:

- 1) You need Help!

**As mothers, we hope and dream that our daughters won't be detoured by messages that erode their confidence, and we yearn for them to live to their fullest potential.**

**This workshop led by College and Teen Mentors, and professionals, reinforces a foundation of self-esteem, empowerment, and humor.**

**Sessions focus on media literacy & healthy body image; physical wellness & relaxation; and, mom & daughter bonding.**

\*Come dressed comfortably so that you can participate in some movement activities.

\*Bring a brown bag lunch.

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**Pre-Registration required.** Your non-refundable registration fee covers the cost of take-home material and reserves your spot in this workshop as space is limited.

**Include your:** (1) names (2) phone number (3) e-mail (4) daughter's age (5) school.

**Make checks payable to Girls Rock! inc. (\$30/per family). Scholarships available.**

**Mail registration and check to:** Lisa Miller, Center for Wellness Therapies, 2040 Regency Rd., suite A, Lexington, KY 40503.

**Questions? : Lisa Miller: 227-4101, email: GirlsRockKY@aol.com**

