

Fifth Annual



She's All That!

Presented by Soroptimist International of San Ramon Valley



She's All That! is an exciting and distinctive event that past participants have said should be mandatory for all middle school aged girls. "I think it's great that the girls are getting this attention and information — that there are people in the community who care enough about the girls to do this for them" was the feedback received from one parent last year. Another mentioned that she and her daughter waited a year to participate and it was "everything I could have hoped for." This special conference includes an inspirational keynote presentation and a choice of three of the seventeen available workshops for girls. Our popular "Live Your Dream!" Expo will include numerous informational exhibits again this year. The Adult workshop offerings have been expanded and parents may attend two of the four offered.

Saturday, February 7, 2009

Gale Ranch Middle School, San Ramon, CA

9:00 a.m. - 3:00 p.m.

Pre-registration is required

\$25 before January 15, 2009, \$30 after January 15, 2009

**For more information and registration visit
www.soroptimist-sr.org or call 925-355-2442**

Girls Workshops Include:

- Mean Girls
- Facial Finishes
- Straight Talk on Boys, Relationships and Other Teen Issues
- Bend It, Shape It, Yoga for Girls
- Self Defense – What Every Girl Should Know
- Get Your Parents Off Your Back (and On Your Side)
- What's On the Menu?
- Wanna Dance?
- Dressing Brilliantly
- Cyber Bullying
- My Body Speaks
- How to Win the Money Game
- I Got a Job! How do I Keep It?
- The Power of Emotions
- A Look in the Mirror
- Exploring the Great Outdoors - Not Just for Guys!
- Girtalk...taking it deeper: What no one ever tells you about being a girl

**Girls will be
able to attend
3 workshops
during the day**

Adult Workshops are listed below: Parents choose (2) 90 min. workshops

- The Power Within (Empower and Inspire Your Teen)
- Teen Talk – How to Keep Them Talking to You Through These Emotional Years
- Teen Safety On-Line
- Your Brilliant Style

Soroptimist is an international non-profit organization of professional women working to improve the lives of women and girls, locally and throughout the world.

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Contact April Rovero at
925-980-5490
for more information.

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