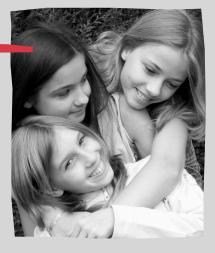
About the "Proud to BE...ME" **Symposium**

Proud to BE...ME is a symposium presenting ideas for building self-esteem in young girls ages 11-15, accompanied by their mother or other trusted adult. Proud to BE...ME is part of the Lions Clubs Women's Worldwide Symposium Series - a program for Lions Clubs to gather community members to discuss issues of relevance to women.



Our mission is to enable girls to realize their full potential by promoting self-esteem and encouraging them to develop a positive relationship with themselves.

The symposium will explore topics to:

- * Boost self-esteem
- Build friends and relationships
- * Set good habits
- Develop body confidence

Our Sponsors











Hallagan Center at Mercy Medical Center 701 10th Street SE Cedar Rapids, IA







\$10.00 per person \$20.00 per family





Lions Clubs of Iowa and Mercy Medical Center present





September 27, 2014 Hallagan Center at Mercy Medical Center, C.R. 9 a.m. - 3:30 p.m.







Agenda

9 - 9:45Registration / ice breaker, browse vendors

9:45 - 10 Welcome to "Proud to BE...ME" Symposium

10 - 10:30 "Proud to BE Self-Assured ME" - Motivational presentation about building self-esteem by Cathi Timmerman, Therapist with Cedar Rapids Counseling Professionals

10:30 - 10:40 Break

- 10:40 11:20 "Proud to BE Healthy ME" Yoga activity with Janel Wenndt
- 11:25 12 "Proud to BE Smart and Trustworthy ME" - Making Choices presentation by Christine Cauwels, Clinical Psychologist
- 12 12:45 Lunch break and browse vendors
- 12:45 1:25 "Proud to BE Beautiful ME" - Presentation about first impressions (attitude, posture, smile, appearance, etc.) by Renee Stutzman, Owner Salon Jude
- "Proud to BE Happy ME" Decorate book bags with words 1:30 - 2:10 that make you feel happy about yourself
- 2:10 2:20 Break
- 2:20 3:20 "Proud to BE Confident ME" - Sheltered Reality - interactive musical performance



Get Social

#LionsProud2BMe

@LionsProud2BMF



Registration

Dortiginant's Name

Participant's Name:		_ Age:
Address:		
	E-mail:	
Accompanying Adult's Name:		
Address:		
	_ E-mail:	
Registration Fee: \$10.00 / person \$20.00 / family (mail-in only)		
Amount Enclosed: \$		
/ πτισατιτ Εποίοσσα. ψ		

Mail registration & payment to: Connie Inman, 224 Country View Drive, Mechanicsville, IA 52306

Registration deadline: Sept 18, 2014

Make checks payable to: Lions Clubs of Iowa

Questions? Contact Connie Inman at (563) 432-6609 or e-mail: jerconinman@gmail.com

To register online visit, http://tinyurl.com/Proudtobeme. (*Please note, additional service fee will apply to online registrations)



BE

- * Self-Trustworthy
 - Assured
- * Healthy Happy
- Smart
- Confident

Beautiful