

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



Lions Clubs of Iowa and Mercy Medical Center present



The Proud to BE...ME Symposium



Location

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

Registration Fee

\$10.00 per person
\$20.00 per family

September 27, 2014

Hallagan Center at Mercy Medical Center, C.R.

9 a.m. - 3:30 p.m.

Agenda

- 9 - 9:45** Registration / 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
- 1:30 - 2:10** "*Proud to BE Happy ME*" - Decorate book bags with words 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

EW **Get Social**
 #LionsProud2BME
 @LionsProud2BME



Registration

Participant's Name: _____ Age: _____

Address: _____

School: _____ E-mail: _____

Accompanying Adult's Name: _____

Address: _____

Phone: _____ E-mail: _____

Registration Fee: \$10.00 / person | \$20.00 / family (mail-in only)

Amount Enclosed: \$_____

Make checks payable to: Lions Clubs of Iowa

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

Registration deadline: Sept 18, 2014

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