

The cost to attend this workshop is \$20.00 and is limited to 20 participants, on a first received basis. **All proceeds are donated to benefit the East Hampton Food Bank.**

Please fill out and sign the registration form and mail along with payment to:

E.H. Youth & Family Services
20 E. High Street,
East Hampton, CT 06424
Attn: Wendy Regan

Forms must be received by June 10, 2011.
Please wear workout clothes and sneakers!

Registration Form

Name _____

Parent/Guardian _____

Address _____

Best # to reach you _____

Entering Grade in Sept.'11 6th 7th 8th

Payment: Cash Check

Make checks payable to : E.H. Youth & Family Services

Release: I understand that participation in this (these) program(s) involves risks of personal and bodily injury, including but not limited to paralysis, heart attack and death, as well as loss or damage to property. I realize that activities such as this may be inherently dangerous activities and my decision to participate in all such activities is made in full recognition of these risks and is entirely voluntary. In consideration of your acceptance of this application, I agree for myself, my heirs, successors, and assigns to hold harmless the Town of East Hampton, Connecticut, its affiliates, subsidiaries and any other entity associated with this (these) program(s), and each of their directors, officers, agents, representatives, employees, volunteers, successors and assigns from all liability on account of injury, loss claim, or damage to my body, health, wellbeing or property. I further authorize the personnel to act for me according to their best judgment in any emergency requiring medical attention. I understand that I am responsible for all financial liabilities arising from a situation involving medical treatment. I agree that the terms of this release is applicable to any and all of my dependents who take part in this (these) program(s).

Parent/Guardian: _____

Date: _____

East Hampton Youth & Family Services

East Hampton Youth & Family Services, located at 240 Middletown Avenue in East Hampton, provides individual, couples, and family counseling to town residents at no cost. We are available to the schools for group counseling and crisis intervention.

Community programming is also offered throughout the year.

Wendy Regan 860-267-7300

Epoch Arts of East Hampton

Epoch Arts, located at 27 Skinner Street in East Hampton, is an "arts for youth" organization dedicated to helping young people learn to communicate, collaborate, create and celebrate by experiencing, hands—on, the arts.

We address complex issues and social tensions that young people face by creating original student and artist performances.

Elizabeth Namen 860-365-0337



A Day in the Life...

Wise & Healthy Choices
for Girls
Entering 6th-8th Grade

Sponsored by:
**EAST HAMPTON
YOUTH & FAMILY SERVICES**
and
EPOCH ARTS

Made possible by:
**Dept. of Education
Enhancement Grant**

Thursday, June 23, 2011

9:00 am-4:30 pm

Congregational Church of East Hampton
59 Main Street, East Hampton

~ Schedule of the Day ~

9:00am – 10:00am	<i>Finding Inner Strength</i> Rochelle Ripley, Lakota Indian & motivational speaker.
10:00am – 10:15am	Break
10:15am – 11:00am	<i>Eat This, Not That</i> Deb Robinson, R.D.
11:00am – 12:00pm	<i>Fitness Comes in All Sizes</i> Jane & Diane/Trainers
12:00pm – 1:00 pm	Lunch* (provided)
1:00pm – 2:00pm	<i>But Everyone Does It...</i> Spec. Agent Neumiller
2:00pm – 2:15pm	Break
2:15pm – 3:15pm	<i>Skin -Sense</i> Julie C. Ciucias, MBA, PT Certified Aesthetician
3:15pm – 4:30pm	<i>Craft Activity & Closing</i> Rochelle Ripley

*The Spicy Green Bean of Glastonbury will provide a healthy, nutritious lunch for all participants.

Eat This, Not That

Deb Robinson, R.D., a Registered Dietitian for 25 years, will lead an interactive discussion about practical nutrition and shopping topics that will show you how to make better food choices, manage your weight and feel better. She believes strongly in the power of preventative medicine and will offer practical suggestions you will use every day! Each participant will receive a book to take with them.



But Everyone Does It...

Special Agent Neumiller from the FBI will speak about social media and texting.



The participants will learn about being safe while using the internet (Facebook, MySpace etc) and other technology.

Finding Your Inner Strength

This workshop will assist young women in finding their inner strength and direction. Rochelle Ripley, founder of Hawkwing, a woman of Lakota Indian descent, will guide participants in a discovery process of finding out “who you are and what your path in life is.” A motivational speaker, Rochelle will seek to inspire the girls to be excited about their present and their future while looking at their own power to make a positive difference in the world. She will use Lakota storytelling to teach and share some Lakota wisdom of life.

Rochelle will also lead the craft activity and provide a tote bag for each participant..

Skin -Sense

Julie C. Ciucias, MBA, PT, Certified Aesthetician will be offering an interactive session how to take care of you skin. Highlights include what are the best facial cleansing products, to use or not to use toner, and what is the best face scrub. Julie will also discuss how to protect skin from sun damage and the dangers of tanning booths.



Fitness Comes In All Sizes...

Jane Traceski is a Group Fitness Instructor, Personal Trainer and owner of Fit-Trix, East Hampton's Fitness and Wellness Center, offering 36 fitness classes per week, workout equipment and personal training for anyone over the age of 6 with convenient hours and affordable rates. www.fittrixct.com
Diane Krajewski is a Group Fitness Instructor at Fit-Trix; her other roles include Pampered Chef Consultant and her favorite - single mother of 2 pre-teen girls.

Exercise has many benefits, and it does not need to be boring--in fact it can actually be fun! We'll start moving using a 6 inch step and routines set to popular music followed by an introduction to lifting weights and end with a little Yoga for stretching.



BOOK SWAP

Bring one of your favorite books that you've read to swap with another great book for you to read!

