

# All-day seminar to empower middle school girls

Studies show girls' self-esteem drops significantly once they enter middle school and continues to drop as they push through to high school. Girls face fears such as bullying, relationship drama, grades, and body image to name a few.

Fortunately, girls who participate in sports and other extracurricular activities experience increased confidence and self-respect.

On Aug. 22 from 8am-8pm, South Lake Tahoe Women's Center is sponsoring a Girls' Empowerment Project for girls entering 6th, 7th and 8th grades. The project is designed to foster independence, empowerment and positive self-image through exciting workshops and hands on activities. Girls who participate will have the opportunity to learn skills and try activities they might not otherwise have access to.

Volunteers from the community will be teaching the following skills:

How to stay safe with self-defense

How to feel self-confident through dance

How to make a difference in their community with empowered leadership

How to create something new with something old

How to bring out their inner beauty with self-care

How to care for and protect both wild and tame animals

Registration is limited. Cost is \$15 and includes three meals and a snack. Some scholarships are available so please call

Lisa at (530) 544.2118, ext. 7628.