

Camille Cosby Girls Program Healthy Me! Celebration
April 17, 2007 - 8:30AM to 3:30PM
WORKSHOP DESCRIPTIONS

Group A

Stay in Shape: Learn about healthy snack options and simple exercises you can do on your own each day to stay in shape.

Healthy Relationships: You are involved in many different relationships. Explore healthy relationships and practical ways you can improve your relationships.

Ease Your Mind: As teen and preteen girls, you have a lot going on--extracurricular activities, family life, community events, friendships and more. Things can get pretty overwhelming! Learn ways to manage stress and cope with the ups and downs you experience every day.

Keys to Success: It's never too early to start thinking about your future. Learn what you can do now to start preparing for your future and how your interests today can guide you in preparing for your future careers.

Group B

Body Image: Magazines, movies, and TV all send messages about what girls should look like. Discuss the messages we get from media about our bodies and the ways they influence how we feel about ourselves and how we look. Find out what you can do to create environments that support how girls really look.

Music Messages: Are you tired of the negative messages you hear in songs and see on music videos? Explore the world of music with the girls at Girls Radio 540AM and learn how you too can do positive things for your community.

Internet Safety: Are you on *Myspace*, *Facebook* or *Hi-5*? Learn ways to protect yourself while online.

Yoga: Learn yoga poses to become healthier, stronger and more flexible. Learn special breathing exercises to calm yourself and clear your mind when you're anxious.

Group C

Dance: Get moving in this exciting workshop where you will dance to a combination of African and Caribbean music.

Creating Media Messages: Do you ever wish you could change the message you see on TV? Here's your chance to create you own message.

Basketball: Meet with old friends and make some new friends when you step on the court for a fun game of basketball. (Weather permitting!)

Double Dutch: Whether you are an expert jumper or you've never jumped before, this workshop is for you. Come learn new tricks or try jumping for the first time.