

## ***Girls are Great***

***featuring the  
Teen Girls Conference***

Tear-off Registration Form  
Complete on reverse side  
and return with payment

### **Important Notes**

- All girls must be accompanied by their mother or adult female guardian
- Cost to attend is non-refundable and must be paid with registration
- No registration at the door

**Registration deadline is  
April 6, 2015**

## **SPONSORS**

**NC Cooperative Extension,  
Harnett County Center**



**Harnett County  
Department of Public Health**



**Girl Scouts —  
North Carolina Coastal Pines**



## **For More Information:**

### **NC Cooperative Extension**

**910-893-7534**

Kittrane Sanders

Alia Langdon-Williford

Patricia McKoy

Debbie Stephenson

### **Harnett County Department of**

#### **Public Health**

**910-893-7550**

Heather Carter

Holly Schaures

Debra Hawkins

### **Girl Scouts—NC Coastal Pines**

**910-897-4263**

Laura Douglass

*Download the Girls are Great registration  
form at*

[www.harnett.org/health](http://www.harnett.org/health)

<http://harnett.ces.ncsu.edu>

North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.



## ***Girls are Great***

***featuring the  
Teen Girls Conference***

***Saturday, April 18, 2015***

***9:00 am—1:00 pm***

***Overhills Middle School***

***2711 Ray Road***

***Spring Lake, NC 28390***



## Girls are Great

The Girls are Great event is designed for girls ages 9-12 and their mothers or adult female guardians. Activities include discussions in a fun and friendly setting on the special emotional and physical changes experienced by pre-adolescent girls.

### Teen Girls Conference

This year Girls are Great will also feature the Teen Girls Conference. This conference is designed for teen girls ages 13- 16 and their mother or adult female guardian. The Teen Girls Conference encourages healthy attitudes and lifestyles that will enable adolescent girls to develop to their full potential.

One of the greatest aspects of the Girls are Great and the Teen Girls Conference is that both programs encourage open lines of communication between mothers and daughters.

**Saturday, April 18, 2015**

**Overhills Middle School**

9:00 am—1:00 pm

**9:00 am Doors Open**

Breakfast, exhibits, photo, registration

**Growing up & Understanding It**

[for girls & mothers/guardians]

**Talking to Your Tween & Teen**

[for mothers/guardians only]

**Special Fun Workshops**

[for girls ages 9-12 only]

[for teens ages 13-16 only]

Select top 2 choices from fun workshops & attend one

-Lunch-

**Don't Be a Mean Girl!**

[for girls & mothers/guardians]

**Closing**, evaluations, goodie bags

**1:15 pm Dismissal**

## Fun Workshops for Girls

*Girls may select their top 2 choices and will have the opportunity to attend one workshop*

**Cheerleading**—Join a college squad to learn the basics

**Pretty Faces & Nail Fun**—Learn about skin care and creative nail art

**Pinball Wizard**—Using levers, gravity, and physics, create your own game

**Kids in the Kitchen**—Hands-on cooking workshop for healthy snacks

**Horses, A girls' BFF**—Learn the basics of horse care with 4H. [No horse on site]

**Junior Gardener** —Build your own pot and learn how to grow your own herb garden

## Fun Workshops for Teens

*Teens may select their top 2 choices and will have the opportunity to attend one workshop*

**Loving the Skin I'm in**—Learn about skin care

**Teen Chef**—Hands-on cooking workshop for healthy snacks

**Fashion Forward**—Learn to make your style your own

## Tear-Off Registration Form

Complete and return registration form and mail payment by **April 6**, Make check/money order payable to:

**Harnett County 4-H**

Cooperative Extension Office

126 Alexander Drive

Lillington, NC 27546

Girl's Name: \_\_\_\_\_ Age \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

I will \_\_\_\_ I will not \_\_\_\_ attend with my daughter. My daughter has permission to attend with the following adult female guardian \_\_\_\_\_

Fun Workshop Registration [girl/teen only]

1st choice \_\_\_\_\_

2nd choice \_\_\_\_\_

Cost is \$5.00 per person

Each child \$5.00 \_\_\_\_\_

(Number of children x \$5.00)

Parent /Guardian \$5.00 \_\_\_\_\_

Total amount enclosed \_\_\_\_\_