

For More Information:



Cooperative Extension, Harnett County Center

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Harnett County Schools - Guidance Counselors

Registration Required

Registration & fee will be accepted at the following sites:

Harnett County Health Department

Re: Girls Are Great
307 W. Cornelius Harnett Blvd. Lillington, NC 27546

Harnett County Cooperative Extension

Re: Girls Are Great
126 Alexander Dr. Lillington, NC 27546

Girls are Great
& **Teen Girls Conference**



Saturday, May 4, 2019

9:00 a.m. - 1:00 p.m.

(Doors open at 8:30am)

Harnett Health Sciences Center

51 Red Mulberry Way Lillington
(Behind Central Harnett Hospital)

Sponsors:

Harnett County Health Department

Cooperative Extension, Harnett County



Our program features educational sessions along with group activities to make learning fun! The program is intended for girls ages 9-16 and their moms or adult guardians.

Girls ages (9-12) Girls will get information and answers about the emotional and physical changes experienced during puberty.

Teens ages (13-16) Teens will get answers and information about topics including teen health, healthy dating/relationships, and more!

Schedule for the day:

8:30 a.m. - Doors Open/Registration & Exhibits-Breakfast

“Growing Up & Understanding It”

Girls ages 9-12 & Moms/Guardians

“Teen Talk”

Girls ages 13-16 & Moms/Guardians

Mom/Daughter Craft session

Girls Just Wanna have Fun (Girls- only)

Mom/Guardian session

Lunch

Closing/Evaluations and Swag Bags

1:00 p.m. - Dismissal

Fun Session Descriptions:

Kids in the Kitchen: (ages 9-12) learn basic cooking skills while making a yummy snack!

Teen Chef: (ages 13-16) learn more advanced kitchen prep and cooking skills while making a tasty snack.

Cake Chemistry: (ages 9-12) centers on the questions of what makes cakes & bread rise. Come carry out experiments to determine what proportions of ingredients you need for the perfect cake!

Glamorous Girls: (ages 13-16) Learn skin care and makeup tips to help keep your skin healthy through your teen years!

Green Gardening: (All) learn about starting seeds and caring for plants with recycled materials from Harnett County Master Gardeners!



Registration Form

Girl's Name: _____

Age: _____ Girl's T-shirt size: _____

Address: _____

Parent/Guardian's

Name: _____

Telephone #: _____

Email: _____

- I will _____ / I will not _____ attend with my daughter.

While attending the program, all girls must be accompanied by their mom or adult guardian.

My daughter has permission to attend with the following adult guardian: _____

Registration Fee: \$7.00 per person

Fee is Non-Refundable and must be paid with registration.

**No registration at the door the day of the event.*

“Girls Just Wanna have Fun”:

Circle your first and second choices of the 5 fun sessions listed below. Please choose based on your age. Sessions marked All are for all age groups.

Kids in the Kitchen (ages 9-12)	Glamorous Girls (ages 13-16)
Teen Chef (ages 13-16)	Green Gardening (All)
Cake Chemistry (ages 9-12)	

Registration Deadline - **April 24, 2019**

**While attending the program, all girls must be accompanied by their mom or adult guardian.*

