

Girl Scouts of Nassau County, Inc.
&
Hofstra University Liberty Partnerships Program

Conference Sponsors



Hofstra University



Girl Scouts.

GIRL SCOUTS OF NASSAU COUNTY, INC.
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Visit our website www.gsnc.org

Where Girls Grow Strong

Presents

GIRLS CONNECT



A conference By Girls, For Girls



Girl Scouts.



Agenda

DATE: Saturday, March 27, 2004
TIME: 8:30am - 2:00pm
PLACE: Hofstra University Student Center
Hempstead, NY 11550

8:30-9:00am	Registration and Continental Breakfast
9:00-9:45am	Flag Ceremony Welcoming Remarks
9:45 -9:50am	Break
9:50-10:40am	Session 1
10:45-11:35am	Session 2
11:40am-12:30pm	Session 3 Evaluation/Certificates
12:30-1:15pm	Lunch
1:15-1:30pm	Announcements & Recognitions
1:30-2:00pm	Entertainment

DIRECTIONS

Hofstra University Student Center:
Take Long Island Expressway, Northern State Parkway, or
Southern Parkway to Meadowbrook Parkway, Exit M4
(Hempstead Turnpike, Route 24 West). Continue to third traffic
light and turn right onto the North Campus. The Student Center
is on your left. Proceed to the second STOP sign for parking.

Session Descriptions

Today's Teens: Growing Up Female and Latina

What does it mean to be a young Latina today? Engage in an interactive discussion about some of the issues and challenges facing Latinas, as well as what is being done to ensure their success!

Positive Power: Healthy Relationships

Healthy relationships mean a healthy "you". How you interact and relate to those around you affects your mental and physical well-being. Learn the best ways to maintain positive relationships with your friends and family and feel even better about yourself.

How Sports Can Improve Your Game

Whether you've always thought about trying out for the soccer team or just love to dance, learn how sports help keep more than just your figure in shape and can keep you ahead of the game. This includes healthy eating habits to provide you with enough fuel to score!

Becoming a Community Leader

Every girl has the potential to be a leader in her community and make a difference in the lives of others. But what exactly does it mean to be a leader in your community, and what do you need to do to get there? Learn the essential skills to get yourself recognized and become the next leader!

Take Charge of Your Body!

Food is fuel - you eat to make it through the day. Food can also be fun - pizza parties with friends, backyard barbecues, or going out to dinner with your family. Problems arise when food stops being fun because you are afraid of getting fat or because food has caused you to dislike your body size. Serious problems arise when you starve yourself, binge eat, crash diet, regularly take laxatives or diuretics, or purposely throw up after you eat. Take charge of your body and be proud of who you are.

FIRST COME, FIRST SERVED