

PRESS RELEASE

For Immediate Release: October 4, 2006
Kansas City Jewish Chronicle
Publication Date: October 13, 2006 Edition
Contact: Cathy Boyer-Shesol
Senior Program Officer
816-561-0563 - cathy@jhf-kc.org



Teenage Girl Power, Health and Leadership Expert To Educate Parents and Professionals

KANSAS CITY, MO – Catherine Steiner-Adair, co-author of *"Full of Ourselves: A Wellness Program to Advance Girl Power, Health and Leadership"*, is scheduled to facilitate a Parent Open Dialogue from 8:00 - 9:00 a.m. on Wednesday, October 18, 2006 at the Jewish Community Campus. Steiner-Adair will discuss developmental issues and needs of middle school-age girls, and offer tips to nurture and strengthen young girl's self-esteem and character.

There is no charge for the program; however, registration is requested by calling 913.327.8071 or email rosenbaum@bbyo.org. The Parent Dialogue is coordinated by the Jewish Community Center of Greater Kansas City and BBYO, Mid-America Region: Kansas City Council. A continental breakfast will be available.

Steiner-Adair will also present a training program for metropolitan area youth professionals on Thursday, October 19, 2006, 5:00 - 9:00 p.m. at University Academy, 6801 Holmes, Kansas City, MO. Participants will learn how to implement the health and wellness curriculum in their school or youth group settings. Registration fee of \$10 includes dinner and a copy of the *Full of Ourselves* curriculum. For information and registration call 816.235.1638.

This innovative training program is sponsored by National Council of Jewish Women, Greater Kansas City Section, Emelie Levin Community Service Fund; Learning for Life, a program of the Jewish Federation of Greater Kansas City; Jewish Heritage Foundation of Greater Kansas City; Baptist Trinity Lutheran Legacy Foundation; Menorah Legacy Foundation; Menorah Women's Foundation; and UMKC Women's Center. For information and registration call 816-235-1638.

#####