

PRESS RELEASE



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The Kansas City Jewish Chronicle
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“FULL OF OURSELVES: A WELLNESS PROGRAM TO ADVANCE GIRL POWER, HEALTH AND LEADERSHIP”

KANSAS CITY, MO: Jewish community youth leaders, parents and Rabbis were among those who attended presentations by Catherine Steiner-Adair, co-author of *Full of Ourselves: A Wellness Program to Advance Girl Power, Health and Leadership* during her recent visit to the Kansas City area.

Steiner-Adair educated participants on developmental issues and needs of middle school-age girls and suggested ways to nurture and strengthen young girl's self-esteem and character. Approximately 200 youth leaders from the metropolitan area learned how to implement the health and wellness curriculum in their school or youth group settings.



Members of the Steering Committee include (left to right) Cathy Boyer-Shesol (Jewish Heritage Foundation), Karen Gerson (Learning for Life), Jennifer Ingraham (UMKC), Jill Dunlap (UMKC), Ellen Kort (Jewish Heritage Foundation) Catherine Steiner-Adair, Joan Jacobson (NCJW), Barbara Brown (Girl Scouts), Gayla Brockman (Menorah Legacy Foundation), Sharon Greenwood (Jewish Heritage Foundation), and Barbara Warady (NCJW).

Steiner-Adair's visit was 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.

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