



# Sheroes Retreat

Girls 11-15 are invited to spend a day learning how to empower themselves, embrace their unique gifts and envision a more powerful and purposeful life. Includes lunch, prize drawings, swag bags and more!

## **Schedule of Events:**

- You Be You: "Dream Big." Presenting your authentic self, accepting who you are and dreaming about who can you be.
- Limitless Discussion: What limits you? How do you limit yourself? How can you stop sabotaging your dreams?
- BFFs: Healthy Relationships and Friendships
- BFF Yourself: Yoga and Meditation and Mindfulness
- Ask a Shero Panel Discussion and Q&A: Miss Wisconsin Marissa Nelson and 17-21 year olds discuss lessons they've learned and answer questions.
- Defend: Self defense demonstration and workshop with Central Wisconsin Martial Arts Institute.
- Visions: Vision Boards. Create your vision of yourself, set your goals.
- Keynote: with Miss Wisconsin Marissa Nelson

**For girls ages 11-15**

Sept. 22, 2018

UWMC Student Union, Wausau

**Register online at [www.sheroesamongus.com](http://www.sheroesamongus.com)**

Cost \$40 Scholarships Available

This is not a School District sponsored activity and the opinions expressed are not necessarily those of the school district or its personnel.