

## For More Information:

Cooperative Extension, Harnett County Center

**910-893-7534**

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Harnett County Health Department

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### 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

*\*No on-site registration the day of the event.*

*Thank you!*



# Girls are Great & Teen Girls Conference



**Saturday, April 12, 2025**

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

**Harnett Health Sciences Center**

51 Red Mulberry Way, Lillington

Sponsors:

**Harnett County Health Department**

**Cooperative Extension, Harnett County**

**Girls Scouts NC Coastal Pines**

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

**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 & Girls Activity

### Girls Just Wanna Have Fun: Girls Only

### Mom/Guardian Session

### Lunch: Pizza Party

### Closing/Evaluations and Swag Bags

**1:00 p.m.** - Dismissal

### Fun Sessions:

- 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.
- Glamorous Girls:** (all ages) Learn skin care and makeup tips to help keep your skin healthy through your teen years.
- Zen Crafts:** (all ages) Use your creativity, and center yourself with some relaxing crafts.
- Fab Fitness:** (all ages) Feel fabulous while learning how to stay healthy through fun physical activity.



## 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:*

Name \_\_\_\_\_

**Registration Fee: \$10.00** per person (Girls \$10, Mom \$10)  
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”:

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

Kids in the Kitchen (ages 9-12)      Glamorous Girls (All)  
Teen Chef (ages 13-16)              Zen Crafts (All)  
Fab Fitness (All)

1<sup>st</sup> Choice \_\_\_\_\_

2<sup>nd</sup> Choice \_\_\_\_\_

**Registration Deadline – March 28, 2025**

