



Strive For Strength is a grassroots organization under the direction of Sacramento Asian Sport Foundation Junior Board of Directors, a component of local high school females in Sacramento and other outer lying cities. The objective for the retreat is to inform, educate and to empower female participants.

Tuesday, March 18, 2008

9:00 AM to 4:00 PM

**SASF/Bel Air Wong Family Community Center
9040 High Tech Court, Elk Grove, CA 95758**

inform
educate
empower

Registration: \$45.00 per participant
Includes t-shirt, continental
breakfast, lunch and give away bag

Website: www.StriveForStrength.org
Email: StriveForStrength@yahoo.com
Phone: 916.595.5999

Sponsored by:



SECRETS

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Wind for Youth

Leaders and Professional Speakers From All Facet Of Life

Strive for Strength Retreat will educate young women on the following issues:

Social Pressures, Female Athletics, Depression, Domestic Abuse, STD's, Relationships
Eating Disorders, Goal Setting, Bully Aggressive Behavior, Leadership Skills and more.

Open to ALL young females ages 12 years - 18 years

