



Celebrate the value and potential of every girl!
The Healthy Girl Festival is **THE mother/daughter event of the year** in Laguna Beach.

WHO: Soroptimist means “best for women”; we are a volunteer group of women at their best helping other women be *their* best. Soroptimist International of Laguna Beach (SILB) was chartered in 1948, with this year marking 65 years of service to our community.

Our mission is improving the lives of women and girls, enabling them to take control of their lives and live their dreams. With 95,000 members working through local clubs around the world, our collective impact makes Soroptimist International a powerful voice for women and girls everywhere.

WHY: In a society where media is the most persuasive force shaping cultural norms, the collective message that our young women and men overwhelmingly receive is that a woman’s value and power lie in her youth, beauty, and sexuality, and not in her capacity to think and lead.

The SILB Healthy Girl Festival is a chance to explore alternative messages and to help our girls recognize and explore the many resources around them to stay healthy in mind, body and spirit.

WHAT: First Annual Healthy Girls Festival

THE mother daughter event of the year in Laguna Beach!

- Together mothers and daughters will watch the powerful movie *Miss Representation* and gain an understanding of how mainstream media contribute to the under-representation of women in positions of power and influence in America.
- Girls can discuss and learn how to challenge the media’s limited and often disparaging portrayals of women and girls, which make it difficult for women to achieve leadership positions and for the average woman to feel powerful herself.

- The outdoor stage will be booked with a variety of interactive activities, including the girls band *Yours Truly*, dance performances, interactive Zumba, healthy cooking demonstrations and much more.
- Many local organizations and businesses will display their products and services in the Expo area of the festival grounds. All Exhibitors must be engaged in some aspect of helping girls make healthy choices for their mind, body or spirit.

WHEN: Saturday, April 27 from 10:00 a.m. – 4:00 p.m.

- *Miss Representation* screenings and panel discussions at 10:30 a.m. and 1:30 p.m.

WHERE: Festival of Arts grounds in Laguna Beach, CA

BUY TICKETS! Tickets to the Healthy Girl Festival are \$5, which includes the screening of the movie *Miss Representation* and participation in the Expo and all events. Available at silagunabeach.org/healthygirl/tickets.

THE MESSAGE OF THE HEALTHY GIRL FESTIVAL

1. GET HEALTHY

- Be conscious of your media consumption, online and off
- Take a media break
- Focus on achievement as well as appearance

2. VALUE YOURSELF

- Find what makes you happy
- Appreciate your uniqueness
- Celebrate your accomplishments

3. BE A ROLE MODEL

- Personify the characteristics you hope to see in the world around you
- Be a mentor to others

4. GET INVOLVED

- Volunteer in your local community
- Boycott harmful media
- Use your voice to create change online and off

5. BE A LEADER

- Don't be afraid to step into leadership roles
- Encourage and invest in the leadership of other women and girls
- YOU ARE THE LEAD CHARACTER IN THE STORY OF YOUR LIFE!

Thank you to the Arbonne Angel Foundation and Hobie Sports
for their generous support of this event.

FOR MORE INFORMATION go to: www.silagunabeach.org/healthygirl



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