



What: Strive for Strength

When: March 29, 2010

Where: SASF

Time: 9:00–3:00

The Strive for Strength organization under the direction of the Sacramento Asian Sports Foundation Junior Board of Directors is hosting their annual Retreat! Several girls from the Baron's Organization serve on the Planning Committee.

*The objective for the retreat is to inform, educate and to empower female participants. Open to ALL young females ages 12 - 18 years. Young women are educated in a fun environment on the following issues: social pressures, self-esteem, leadership development, healthy body image, and women's health issues.*

*Date: Monday, March 29, 2010*

*Time: 9:00 am - 3:00 pm*

*Location: SASF 9040 High Tech Court, EG, CA 95758*

*Registration Fee: Includes the following: all day program admission, a "Strive for Strength" T-shirt, continental breakfast, lunch and give away bag.*

*\$45 per participant before March 1st*

*\$55 per participant March 2nd-March 20th*

*\$60 per participant -at the door*

*Partial proceeds of the registration fee will go towards supporting our neighbors in Haiti.*

*This is a great event! Please help to support this event by encouraging young women to spend a day at the Strive for Strength Retreat!*

Please contact me for more information. I will put you in contact with one of the girls on the planning committee.

Thank you,

Karen Tokunaga

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