



ACTIVE GIRLZ EXPO EDUCATIONAL SESSIONS



SATURDAY MAY 16, 2009

Room 1

Room 2

Room 3

Room 4

10:30 - 11:15	Skincare for Young Girls Mary Kay Cosmetics	Etiquette and Leadership Jennifer Ricciardi, Lifestyle Finishing School	How to Stay Young the First 100 Years Dr. Joe Mikluscak, Chiropractor	Express Yourself With What You Wear! Indra Books, Stylist and Personal Shopper, Your Own Entourage
11:30 - 12:15	Eating Right for the Active Girlz Cheryl Mirabella, MA, HHC	Personal Peer Relationships Davidra Bazemore, ED Youth Leadership Alliance	Makeup Must Haves: Tips and Tricks! Tracie Rosales, Makeup Artistry by Tracie	Easy Cooking for Teens and Tweens Town of Vienna Parks & Recreation
12:30 - 1:15	Young Women and Breast Cancer 101 Maimah Karmo, President/Founder Tigerlily Foundation	Unleash your Butterfly! Ria Benedict, Owner i-love-me	Teamwork/Peer Pressure/Sportsmanship Antonya Miller, GMU Basketball	
1:30 - 2:15	"Friend or Frienemy"? Sandee Sgarlata, Author/Gold Medalist	I Dream of Being the BOSS DeShawn Robinson-Chew, Owner/CEO the She-EO Academy	Personal Peer Relationships Davidra Bazemore, ED Youth Leadership Alliance	Fit for Life (for women 8 to 80) Katherine Quinn, General Manager, Gold's Gym Sterling
2:30 - 3:15	The Way of Character Denna Zimmerman, GirlTalk Ministries Now	Skincare for Young Girls Mary Kay Cosmetics	Etiquette and Leadership Jennifer Ricciardi, Lifestyle Finishing School	
3:30 - 4:15	How to Stay Young the First 100 Years Dr. Joe Mikluscak, Chiropractor	The Way of Character Denna Zimmerman, GirlTalk Ministries Now	Teen Pregnancy: My Story Christine Weise	
4:30 - 5:15	Me and the Mirror Ria Benedict, Owner i-love-me			

SUNDAY MAY 17, 2009

Room 1

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Room 4

10:00 - 10:45	Stress Management for the Active Girlz Nicki Sanders, The Teen Toolbox, LLC	Economic Cycles- They Go Up and Down! Jamie Hammond, ED Biz Kid\$ Financial Literacy as seen on PBS		I Dream of Being the BOSS DeShawn Robinson-Chew, Owner/CEO the She-EO Academy
11:00 - 11:45	Follow Your Dreams! Ria Benedict, Owner i-love-me	Your Body Image- 7 Tips for Keeping it Healthy Sandee Sgarlata, Author/Gold Medalist	How to Stay Young the First 100 Years Dr. Joe Mikluscak, Chiropractor	Etiquette and Leadership Jennifer Ricciardi, Lifestyle Finishing School
12:00 - 1:00	Set Up Time for Girl Scouts	How Does Credit Affect Your Life? Jamie Hammond, ED Biz Kid\$ Financial Literacy as seen on PBS	A Class Act - Acting Workshop Mary Lechter and Candice Carter	Skincare for Young Girls Mary Kay Cosmetics
1:00 - 2:00	Girl Scouts Grow Strong Badge Session 1 Christina Benjamin, MPH, CHES	Income and Expenses Jamie Hammond, ED Biz Kid\$ Financial Literacy as seen on PBS	Learn about Eating Disorders Christine Weise	Happy Birthday to Me- Picture the Life of your Dream! Nicki Sanders, The Teen Toolbox, LLC
2:00 - 3:00	Girl Scouts Grow Strong Badge Session 2 Christina Benjamin, MPH, CHES	Express Yourself With What You Wear! Indra Books, Stylist and Personal Shopper, Your Own Entourage	Oh, the Places you will go, Girlfriend! Deborah Pratt, Career Counselor, Sigma Corp/Dept of State	Not my Boyfriend!!! Teen Dating Violence Megan Steel, Child Help, Family Advocate
3:00 - 4:00	Girl Scouts Grow Strong Badge Session 3 Christina Benjamin, MPH, CHES	Eating Right for the Active Girlz Cheryl Mirabella, MA, HHC	Me and the Mirror Ria Benedict, Owner i-love-me	Girl Talk Ministries Now Denna Zimmerman, Founder/Speaker
4:00 - 5:00	Girl Scouts Grow Strong Badge Session 4 Christina Benjamin, MPH, CHES	I Dream of Being the BOSS DeShawn Robinson-Chew, Owner/CEO the She-EO Academy		

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