



SIGMA GAMMA RHO SORORITY, INC. 13th Annual Nation Wide Youth Symposium

H³: It's All About Me Healthy Choices, Healthy Living, Healthy Generations

The Sigma Gamma Rho Sorority, Inc. Youth Symposium is held simultaneously by member chapters across the country. This program offers young people a chance to talk about the challenges they face, learn about community resources available for their needs and get guidance on making informed choices that lead to a healthy lifestyle

LUNCH WILL BE PROVIDED!

WORKSHOPS

Diet/Exercise

Financial Planning

Education & Literacy

Child Abuse/Pregnancy

Self Esteem/Peer Pressure



**FOR MORE INFORMATION OR
TO PRE-REGISTER,
PLEASE VISIT OUR WEBSITE:**

www.etaalphasigmachapter.com

OR CALL

(916) 955-0806

HOSTED BY:

ETA ALPHA SIGMA GRADUATE CHAPTER

**Saturday, March 13, 2010
9:00 AM – 2:30 PM
SAMUEL JACKMAN MIDDLE SCHOOL
7925 KENTWALL DR.
SACRAMENTO, CA 95823**

This is not a program of the Twin Rivers Unified School District and the Twin Rivers USD accepts no liability or responsibility for this program.