

First Lady Balances Health and Hula Hoops; Austin Follows Example

First Lady Michelle Obama has led the way in public service as an advocate for children's health and - hula hooping? This past week at the Healthy Kids Fair the First Lady was caught on the lawn of the White House doing 142 rotations. Impressive to say the least! Obama is dedicated to health and to encouraging people to serve their communities and their neighbors. GENaustin's Girls Now! Conference follows her lead.

On Saturday, November 14, 2009, at the Ann Richards School, hundreds of Central Texas girls will be hula hooping like the First Lady. Joining them will be hundreds of volunteers, speakers and agencies, all coming together to discuss how these young women can grow into healthy, successful, and happy young adults. Over 100 workshops around the issues of Bullying, Body Image and Being a Girl will be offered. Interactive workshop providers like Hoopcircle and Sun Dragon will discuss hard-hitting topics with hands on sessions that tie yoga techniques and hooping to raising one's health and wellness.

The Girls Now! Conference is a statewide one-day event that brings girls and adults who have questions together with nationally recognized experts and community organizations that have the answers. To register visit www.genaustin.org

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About GENaustin

GENaustin (The Girls Empowerment Network of Austin) fosters healthy self esteem in girls by engaging them to explore and define their personal values and build skills that empower them with confidence and courage to make wise choices. For more information about GENaustin, a 501(c)(3) non profit organization visit www.genaustin.org

About GENaustin's Girls NOW! Conference

The Conference is a one-day seminar, designed for girls grades 5-12, their parents and educators to explore the issues of Bullying, Body Image and Being a Girl through group presentations and hands-on interactive sessions led by nationally recognized experts that are designed to identify the problems and offer solutions. Visit www.genaustin.org