



# **SIGMA GAMMA RHO SORORITY, INC.**

## **Zeta Omega Sigma Alumnae Chapter**

### **Annual Youth Symposium**

# **H3: It's All About Me**

## **Healthy Choices, Healthy Living, Healthy Generations**



**Saturday, March 12, 2011**  
**10AM – 2PM**

**Randallstown Community Center**  
**3505 Resource Drive**  
**Randallstown, MD 21133**



#### **PANEL DISCUSSIONS AND WORKSHOPS**

**Wee Savers – Financial Literacy – Representative from Susquehanna Bank**  
**Nutrition and Exercise – Toni Lyles, Personal Trainer from Brick Bodies**  
**Education – Dr. Sheila Simmons, National Education Association**

**\*\*\*\*\*SPECIAL GUEST SPEAKER\*\*\*\*\***

**STAN STOVALL from WBAL-TV, CHANNEL 11**

**DANCE COMPETITION\*REFRESHMENTS\*RAFFLES\*PRIZES**  
**CERTIFICATE OF PARTICIPATION**  
**OPEN TO YOUTH AGES 13 – 18**

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.

***BASILEUS– DR. CHERYL SIMMONS GRAY***

**PLEASE R.S.V.P SOROR KRYSTAL LEWIS – 434-806-6134 or email at:**  
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