



## 2009 Rally “Healthy Living, Healthy Choices”

Soy Única, Soy Latina empowers Latinas ages 7-18 and their parents, providing resources and activities that encourage healthy choices for a healthy lifestyle. This is an opportunity for young girls to celebrate who they are. Information and resources for the entire family will be available at the Community Fair.

This year’s rally will be on  
March 7, 2009

At the University of Rochester starting at 8:30 a.m. sharp!

Transportation will be provided (parents welcomed) from City Hall to the University of Rochester. Buses will depart every ½ hr starting at 8:00 am



### Activities include:

- Registration or Check in
- Breakfast
- Kick Off Event
- Community Fair
- Door Prizes
- Exciting New Workshops
- Parent Workshop (Internet security, Parent involvement and Information on finding financial resources for higher education)
- Lunch
- Quinceañera/ Prom Runway Fashion Show Finale



Registration is recommended.

Children under 13 must be accompanied by an adult

### TO REGISTER:

Please contact Jamie Recino at 275-3221 for registration information  
Or register online at [www.enrollment.rochester.edu/community](http://www.enrollment.rochester.edu/community)

Enter to win a new Laptop.

Instructions on how to enter will be provided when you register.

Sponsored by:



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