



# Mother Daughter Philadelphia Summit

Presented by Two Balance Inc

Hosted by Network Now

**Saturday, March 13, 2010**

Morning: 9:00 am to 1:30 pm for girls ages 7 - 12

Afternoon: 11:30 am to 4:00 pm for girls ages 12 - 17

**Arcadia University, Glenside, PA**

**Mothers and daughters throughout the Delaware Valley are invited to participate in an event to strengthen the mother-daughter bond.**

Research states that a healthy Mother-Daughter connection:

- **is vital to a girls physical and emotional health**
- **influences characteristics** such as confidence, competence, caring & contribution
- **prevents risky behaviors** such as alcohol, tobacco, drug use & sexual promiscuity
- **clears up confusing messages** about girls' body image and abilities

*You and your daughter are invited to connect, empower and believe!*

Morning Session Keynote Speaker **Dawn Timmeney of NBC10**

Afternoon Session Keynote Speaker **Michelle Grossman of NBC10**

Empowerment & reconnection by Vikki Carrel and Shelley Ashby

Special guests Jen Groover and Kathleen Holt Whyte

Breakout sessions and discussion panel for moms and girls

Performance by internationally distributed singer/songwriter Christy Jefferson

Community outreach project and vendor display tables

**TICKET PRICE:** \$25.00 per person per session

*Admission includes an autographed book by Carrel/Ashby for each daughter*

**Early Bird Family Discount \$5 if purchased by 1/31 – Use code EARLYJAN**

**Register online at <http://motherdaughtersummit.eventbrite.com>.**

For additional information, visit [www.2balanceinc.com](http://www.2balanceinc.com) & click on Seminars.

**A portion of book sales will be donated to The Girl Scouts of Eastern Pennsylvania Council**