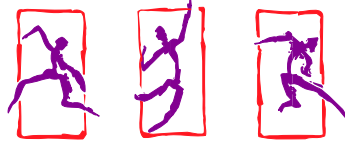


THE AIA ACADEMY PROUDLY ANNOUNCES...



Steps to a Healthy Future: Celebrating Girls in Sport

Join us for a one-day celebration of female interscholastic sport and physical activity participation featuring world-class speakers on issues facing female student-athletes



Thursday April 23, 2009
8:15 am - 1:30 pm
Westview High School



The fifth annual Girls in Sport Symposium is dedicated to providing female high school student athletes with information about the issues that matter to them and to encourage them to lead a healthy, active, and addiction-free lifestyle.

Topics will include the following:

- Nutrition and Hydration
- Prevention of Sport-related Injuries
- Body Image and Self-esteem
- Drugs and Alcohol
- Maintaining a Healthy Lifestyle

Attending schools must have 1 staff member per 15 students .

Seating and participation will be limited to REGISTERED PARTICIPANTS only.

For more information, contact Michelle Byers at the AIA at:
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www.aiaacademy.org



Presented by

