

The Hour

FRIDAY, APRIL 30, 2010

A Day for Girls' Health was a success

To the Editor:

The Mid-Fairfield Substance Abuse Coalition and the Dr. Robert E. Appleby School Based Health Centers, programs of the Human Services Council, would like to thank all who made A Day for Girls' Health a success.

On behalf of the of the Mid-Fairfield Substance Abuse Coalition and the Dr. Robert E. Appleby School Based Health Centers, programs of the Human Services Council, we would like to thank all participants who came out on Saturday, April 24, to St. Philip Church (education building) to help make our 2nd Annual A Day for Girls' Health a huge success.

The day provided information on prevention and living a healthier lifestyle through educational workshops. Presentations included healthy dating relationships, self-esteem building (Girl Power), fostering open communication with your teen, healthy skin care, emergency preparation and a ZUMBA fitness class.

The Human Services Council would like to thank the following people who gave of their time to support the event: Absolutely the Finest Catering, Michele DeLuca (Norwalk Fire Department), Lauren Linkowski (Domestic Violence Crisis Center), Mayor Richard Moccia, Jamie Mondschein (ZUMBA Fitness), Norwalk Health Department, Theresa Presser, Jacqueline Roberson, MSW (Norwalk High School), St. Philip Church, Glenn Shephard, LCSW (Dr. Robert E. Appleby School Based Health Center-NHS), Debra Weissman, M.D. (Dermatology Center, P.C.), and HSC Youth Volunteers.

Lisa Cooper, director, Mid-Fairfield Substance Abuse Coalition

Rhonda Capuano, director, Dr. Robert E. Appleby School Based Health Centers