

The Hour

SATURDAY, APRIL 4, 2009 • A8

Officials thank participants and supporters of first-ever Girls Health Fair

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 their first Girl's Health Fair a success. Norwalk, Connecticut — 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 of the teenage girls, parents, workshop facilitators and Mayor Richard Moccia for attending our first ever Girls Health Fair, which was held on Saturday, March 28, at Grace Baptist Church.

The day consisted of mini

workshops aimed at helping girls develop the skills that will allow them to meet life's challenges and ultimately help bring about change in their communities.

These workshops explored two areas including self care (teen health issues, self-esteem, HIV/AIDS and sexually transmitted diseases, and yoga) and interpersonal relationships (dating violence). Parent workshops consisted of nutritional needs for teens, substance abuse, internet safety and yoga.

The Human Services Council would like to thank the following people who gave of their time to support the event: Absolutely the Finest Catering, Thaddea Brown of the Domestic Violence Crisis Center, Mary Beth Fessler of the

Dr. Robert E. Appleby School Based Health Center, Carolyn Fuller of Mid-Fairfield Child Guidance Center - System of Care, Lynette Gibson of the Norwalk Health Department, Grace Baptist Church, Nutritionist Debbie Herskowitz, Katie Liebenberg of Positive Directions, Denise O'Hearn of Vibrant Moves and Jackie Roberson of Norwalk High School.

For further information on the Mid-Fairfield Substance Abuse Coalition and the Dr. Robert E. Appleby School Based Health Centers please contact the Human Services Council at (203) 849-1111.

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