

# SASF's Strive for STRENGTH Retreat

**Special Guest Speaker -  
Lauren Cook**



**Special Guest Performer -**



**This Retreat will educate young women on the following issues:**  
Social Pressures, Self-Esteem, Women's Health Issues, Family & Friend Relationships, Leadership Development, Decision Making, Cyber Bullying

**Monday, April 14, 2014**

**9:00 AM to 3:00 PM check in starts at 8:30 AM**  
**SASF/Bel Air Wong Family Community Center**  
**9040 High Tech Court, Elk Grove, CA 95758**

## Special Guests

**Lauren Cook** - also known as The Sunny Girl, is here to help you find happiness. She's real, honest, and relatable—exactly what young adults need as they search for practical yet meaningful advice. An eternal optimist, Lauren is working to fight the ideas that teens are entitled, selfish and unmotivated. In fact, she thinks they are anything but! By getting a head start on happiness now—instead of putting it off for later—Lauren is a leader for her generation as they seek fulfilling lives. Lauren is a recent graduate from UCLA with a double major in Communication Studies and Psychology. She travels around the country as a National Consultant for Chi Omega sorority. Lauren is a former Miss Teen California and has raised over \$35,000 for the American Cancer Society, a charity that she is extremely passionate about. She plans to pursue a graduate degree in Marriage and Family Therapy.

**Bean** - Born Noelle Bean on August 26, 1991, she was raised in Nashville and currently resides in the Los Angeles area. Bean writes her own music, personally describing it as "mainstream pop with a bit of the old 50s and 60s retro vibe." Although Bean is just 22 years old, she has gone through a lot in her life and through her songs Bean aims to connect with fans that are living the joys, sorrows and dreams that everyone faces. Bean is especially passionate about empowering young people to embrace who they are, find their inner-confidence, and reach their full-potential which she does through her song-writing and her connections with her fan community. In January of 2014 radio stations across the country started spinning her single "Cops and Robbers."

**Registration:** \$35\* per participant - before April 1, 2014  
\$45 per participant - at the door

*Please make checks to SASF, Strive for Strength  
Includes T-shirt, continental breakfast, lunch and give away bag  
Girl Scouts can receive a Strive for Strength patch*

Open to **ALL** young females ages 12 years - 18 years. Registration forms available online.

*\*Registration fee must be paid in full prior to the retreat. NO REFUNDS.*

For more information: [www.Strive4Strength.org](http://www.Strive4Strength.org)

Sponsored by:



SASF/Strive For Strength Tax ID: 94-3227001

Proceeds from S4S goes towards funding the "Linda Kobayashi Scholarship". A \$1,000 Linda Kobayashi Scholarship will be available to a qualified senior that attends the retreat. Forms will be available on [www.SASFQuest.org](http://www.SASFQuest.org)

*This is not an EGUSD/SCUSD sponsored program and EGUSD/SCUSD accepts no liability or responsibility for this program/activity.*