

# Minden Medical Center presents

## Just 4 Girls

Thursday, June 22, 2017

**Ages 9-12 Only 5:00-6:00pm**

**Ages 13-18 Only 6:30-7:30pm**

Minden Community House  
711 Gladney Street Minden, LA

Minden Medical Center female physicians and providers will host an informative discussion for girls ages 9-18 about the physical and emotional changes in their development. Following the discussion, a question and answer session will be held.

### Topics Include:

- Puberty
- Menstruation
- Body Changes
- Hygiene
- Fitness
- Nutrition
- Self-Esteem
- Peer-Pressure
- Sexual Awareness
- Reproductive System
- STD's

*Signed permission slips must be signed in order to attend seminar.*

### Permission Slip

I, \_\_\_\_\_ give permission for \_\_\_\_\_  
(Parent/Guardian) (Student)

to attend "Just 4 Girls" seminar on Thursday, June 22, 2017 at the Minden Community House in Minden, LA. I hereby release and hold harmless Minden Medical Center, its physicians and any other person(s) involved in this seminar from any liability arising from the topics discussed in the seminar.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_