



In addition to the Girl Culture Lecture Series, The JLC has also scheduled fun and active wellness events, free and open to the public!

JAZZERCISE

Saturday, March 31st, 11:00am

presented by Mary Beth McCann

Get your groove on...Pump it up...Stretch and Unwind...When you love your workout, results come easy. Jazzercise combines elements of jazz dance, resistance training, pilates, yoga, kickboxing, and more to create truly effective programs for people of every age and fitness level. Come try a class with Mary Beth!

INNER BLISS YOGA

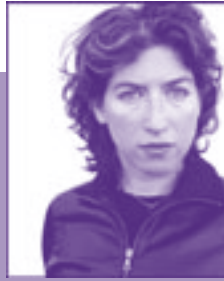
Wednesday, March 21, 6:30pm (with Laura)

Wednesday, April 4, 7:30pm (with Tammy/Kristen)

Saturday, April 28, 10:00am (with Kathy)

presented by Inner Bliss Yoga Studio

Inner Bliss offers an eclectic blend of Hatha Yoga incorporating many elements of Ashtanga, Vinyasa, Anusara and Jivamukti. At Inner Bliss Yoga, you will find classes rich in texture that incorporate the athletic power and attention to breath of Ashtanga, the juicy flow, inspiring tunes and creativity of Vinyasa/OM Yoga, the attention to postural alignment and heart opening of Anusara, and the personal exploration of Jivamukti. Each talented teacher incorporates their diverse education and life experiences to their teaching. Join Tammy Lyons, Kathy Hayes, Laura Ross & Kristen Zarzycki as they lead these yoga events!



Lauren Greenfield is an internationally accomplished photographer. Her work is featured in notable museums around the world and is regularly published in *The New York Times Magazine*, *Time*, *Newsweek* & *Vanity Fair*.

HEAR THE ARTIST SPEAK : LAUREN GREENFIELD

Tuesday, April 24, 6:30pm

Allen Memorial Medical Library – Ford Auditorium
Case Western Reserve University
(Parking available under Severance Hall off of East Blvd.)

Don't miss this special opportunity to hear Lauren Greenfield speak about Girl Culture and the social issues that her photographs address.

A special thank you to

Center for Community Partnerships, Case Western Reserve University

Lauren Greenfield's **GIRL CULTURE**

MARCH 3 THROUGH APRIL 29, 2007

The Gallery at Trinity Commons
2230 Euclid Avenue
Cleveland, Ohio 44115
Parking available off Prospect Avenue

EXHIBIT HOURS

Tuesday: 10-6 Friday: 10-6
Wednesday: 1-8 Saturday: 10-3
Thursday: 10-6 Sunday: 10-3
Closed Monday

Due to the mature content of some of the photography in the Girl Culture by Lauren Greenfield exhibition, viewer discretion is advised. This exhibit is recommended for ages 12 and up.

Lauren Greenfield's

GIRL CULTURE

LECTURE SERIES & EVENT SCHEDULE



ALL EVENTS LOCATED AT THE GALLERY AT TRINITY COMMONS

2230 Euclid Avenue Cleveland, Ohio 44115
Parking available off Prospect Avenue



HEALTHY COOKING TOOLS / FOOD IS KNOWLEDGE

Wednesday, March 7th, 6:00pm

presented by Jim Perko, Sr. C.E.C., A.A.C.

Jim Perko, Administrative Executive Chef at the Cleveland Clinic will present a program discussing how to prepare foods in a healthy manner, family mealtime, and how the culinary arts can impact wellness through programs like Food is Knowledge. Jim was a member of the 1992 Culinary Team USA and recipient of 7 gold medals from four Countries (England, Ireland, Germany and USA). He placed overall third in the world out of 52 teams from 30 countries in Frankfurt Germany at the 1992 World Culinary Olympics. Jim is also the founder of the "Food is Knowledge" Program. 1991 ACF National Chef and Child award winning educational program for children age appropriate for pre-K and Kindergarten currently branded by Cleveland Clinic's Children's Hospital.

CHILDREN AND OBESITY

Saturday, March 10th, 11:00am

presented by Ellen Rome, M.D., M.P.H.

One out of every five children in the United States is overweight, and this number continues to grow. The percentage of overweight children has more than doubled in the last 30 years. www.clevelandclinic.org Dr. Ellen Rome, Section Head of Adolescent Medicine at the Cleveland Clinic and author of the American Academy of Pediatrics' position statement on the identification and treatment of eating disorders in children and adolescents will present a program on the epidemic of children and obesity in today's society, the risks associated with childhood obesity, and how we as parents, educators, and community members can help cure the scale.



DEALING WITH DATING VIOLENCE & UNHEALTHY RELATIONSHIPS

Wednesday, March 21st, 6:30pm

presented by Domestic Violence Center

"One recent national survey found that 1 in 11 high-school students said they had been hit, slapped, or physically hurt on purpose by their boyfriend or girl-friend in the past year. 1 in 11 students also reported that they had been forced to have sexual intercourse when they did not want to." www.safeyouth.org Unhealthy relationships take on many forms, including physical, emotional, psychological, and sexual abuse. If you are a teenager or a parent of a teenager do not miss the opportunity to understand the warning signs and how to help a child who may be involved in an unhealthy relationship as presented by the Domestic Violence Center of Greater Cleveland.

WHAT'S ON SEX AND THE MEDIA

Saturday, March 24th, 10:00am Parents, 12:00pm Teens

presented by Kelly Faciana

This program provides activities and "conversation starters" for using media in the home as a tool to promote health and well-being. This includes identifying the effects of media sources such as television, magazines & music videos influencing perceptions of dating, sexuality and building healthy relationships. Kelly Faciana, M.Ed., C.H.E.S., Director of Education for Planned Parenthood, has worked as a sexuality educator for more than 10 years. She has developed and implemented curricula and classroom activities on a variety of sexual health topics, including using media as a resource tool. Her specialties include youth, popular culture, body image and building healthy relationship skills.

SPECTRUM OF EATING DISORDERS

Wednesday, March 28th, 7:00pm

presented by Dr. Mark Warren, M.D.

Join Dr. Mark Warren as he discusses the spectrum of eating disorders, identifies the symptoms, treatment options, and the important role that parents and educators play in recognizing a child's need for help. Dr. Mark Warren is the Medical Director of the Cleveland Center for Eating Disorders. He is the past Chairman of the Department of Psychiatry at Mount Sinai Hospital in Cleveland, Ohio and the past Medical Director of Laurelwood Hospital in Willoughby, Ohio. Dr. Warren is a member of the Academy of Eating Disorders and chair of the Special Interest Group of Males and Eating Disorders. He is a Distinguished Fellow of the American Psychiatric Association and a two time recipient of the Exemplary Psychiatrist Award of the National Alliance for the Mentally Ill. Dr. Warren is a Clinical Assistant Professor at Case University School of Medicine.

GIRLS KICK BUTT!

Saturday, March 31st, 12:00pm

presented by The Cleveland Rape Crisis Center

"Girls Kick Butt!" is an empowerment conference for middle school and high school girls aged 12 to 18. Self-esteem building activities like art, poetry, discussions and role plays are teen-centered and fun! "Girls Kick Butt!" provides a forum for girls to express their views, ask questions, and learn knowledge, skills, and attitudes that can help prevent sexual assault. The conference is open to any girl, regardless of whether or not she is a survivor of sexual assault. It is NOT a therapy group and participants are not asked whether they have been sexually assaulted.

CYBERBULLYING...BULLYING IN A TECHNOLOGICAL WORLD

Saturday, April 7th, 10:00am

presented by Kimberly Mason, Ph.D.

Cyberbullying is any communication posted or sent by a minor online, by instant messenger, e-mail, website, online profile, cell phone or any other interactive device that is intended to scare, embarrass, or harass another minor. In a survey completed by www.isafe.org, 42% of children stated that they have been bullied on-line. Cyberbullying is a serious concern amongst teenagers today. Join Professor Kimberly Mason from Cleveland State University as she discusses the concerns, the dangers, and prevalence of teen cyberbullying and the prevention and intervention strategies that educators and parents can engage in to guard against this new form of bullying.

MIRROR MIRROR ON THE WALL

Saturday, April 14th, 10:00am

presented by Leslie Heinberg, Ph.D.

Join Dr. Leslie Heinberg as she addresses the issues of eating behaviors, weight, and behavior changes as they relate to body image. Dr. Leslie Heinberg is an Associate Professor in the School of Medicine at Case Western Reserve University. She holds clinical appointments in the Departments of Pediatrics at Rainbow Babies & Children's Hospital and Psychiatry at University Hospitals of Cleveland, as well as academic appointments in Epidemiology, Biostatistics and Psychology. Dr. Heinberg currently practices as a clinical psychologist and is clinical director for the "Healthy Kids, Health Weight" program at Rainbow Babies and Children's Hospital of University Hospitals of Cleveland.

SELF ESTEEM IS GREEN

Wednesday, April 18th, 2007

presented by Joann Deak, Ph.D.

More than intelligence, social class or what school was attended, a person's self esteem is the best predictor of achievement and happiness in life. The problem is that this human characteristic, while widely written about, is very difficult to change when it is a problem for someone. This workshop gets right to the source: what are the ingredients that lead to self esteem and what can be done to increase these ingredients in children throughout life. Dr. Deak utilizes her famous 'green stories' to illustrate what self esteem is and what can be done to improve it in the lives of females and males. Joann Deak, Ph.D., has spent more than twenty years as an educator and psychologist, helping children develop into confident and competent adults. The latter half of that period has focused on working with parents and teachers in their roles as guides for children. Dr. Deak is the author of the books "How Girls Thrive" and "Girls will be Girls: Raising Confident and Courageous Daughters." Dr. Deak was also awarded the 2003 Woman of Achievement Award by the National Coalition of Girls' Schools and was given the first Female Educator of the Year Award in 2002 by Orchard House School.

ADOLESCENTS DEPRESSION AND DESTRUCTIVE BEHAVIORS

Saturday, April 21st, 10:00am

presented by Margot Williams, LSW

"Adolescent depression can lead to poor school attendance and performance, running away, and feelings of worthlessness and hopelessness. Some teens try to make the pain of depression go away by drinking or taking drugs, which only makes the depression worse. Still others contemplate suicide." www.safeyouth.org Join Margot Williams a licensed social worker at Applewood Centers as she discusses the precursors to adolescent depression, the signs of a child in need of help, and how you can keep open lines of communication with your child, to help prevent destructive behaviors.

For more information on the
Girl Culture exhibit, lecture series
or related events, please visit
www.jlcleveland.org/girlculture