

LEARN

Friday Night - Girls' Night Out

Friday Night / Girls' Night Out is straight talk and medical advice to help girls between ages 9 and 16 take care of their bodies and minds as they mature.

2018

June 1

Deadline:
May 25, 2018

June 29

Deadline:
June 22, 2018

July 27

Deadline:
July 20, 2018

4:30 - 8 p.m.



CHRISTUS Lake Area Hospital Boardroom

(use Day Surgery Entrance, back of hospital)

Call 337.475.4716 for more information.

Due to the nature of some of the topics, a signed release from parent/guardian is required. Presentations include:

- Anatomy
 - Puberty
 - Hygiene
 - Fitness/nutrition
 - Self-esteem
 - Sexual awareness, including STDs
- (For ages 13-16 only)

Presentations facilitated by health care professionals and community experts. In order to promote open communication among the participants, parents are not allowed to attend the presentations. Dinner will be provided.



christuslakearea.org



CHRISTUS[®]
LAKE AREA
Hospital

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Friday Night - Girls' Night Out

ACKNOWLEDGEMENT AND PARENTAL RELEASE

All participants will attend the following presentations/discussions:

- Fitness and exercise
- Nutrition/body image
- Self esteem

Please initial ONE of the following and sign below:

Session I (Ages 9-12)

- Puberty
- Male and female (anatomy/genitalia)
- Menstruation
- Introduction to reproductive biology

I hereby give permission for my daughter to attend the session indicated above.

Signature of Parent/Guardian

Name of Child Attending

Session II (Ages 13-16)

- Explicit photographs and discussions of STDs
- Female anatomy/genitalia
- Male genitalia

I hereby give permission for my daughter to attend the session indicated above.

Signature of Parent/Guardian

Name of Child Attending

PRE-REGISTRATION IS REQUIRED.

Completed registration form, parental release and fee must be received to guarantee placement. Registration deadline for each event is listed next to the date of the event. Please check the date you would like to attend.

- June 1, 2018 (Deadline: May 25)
- June 29, 2018 (Deadline: June 22)
- July 27, 2018 (Deadline: July 20)



\$20/ per person

Registration fee payable to: CHRISTUS Lake Area Hospital
Payment and completed registration form may be mailed to the address below and should be post-marked by the session deadline date.

(Note: A parental consent is required for class participation).

Name of Child: _____

Age: _____

Name of Parent or Guardian: _____

Address/City/State/Zip: _____

Home Phone: _____

Cell Phone: _____

Other: _____

MAIL TO:

CHRISTUS Lake Area Hospital Education Department
4200 Nelson Road | Lake Charles, LA 70605

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