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For Immediate Release

Jewish Family Service in partnership with the Jewish Women's Foundation of San Diego presents *Empowering Girls Beyond Body Image* featuring Dr. Robyn Silverman

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On Thursday, June 6, 2013, *Girls Give Back* of Jewish Family Service is hosting *Empowering Girls Beyond Body Image* featuring Dr. Robyn Silverman from 6:00 to 8:30 p.m. at Congregation Beth Israel at 9001 Towne Centre Drive in La Jolla-UTC. Dr. Robyn Silverman, a nationally recognized speaker, will provide the keynote address. This event is generously sponsored by the Jewish Women's Foundation of San Diego which, over the past three years, has funded five local programs aimed at promoting positive self-esteem and peer relationships and empowering Jewish teen girls to be the next generation of female leaders.

Dr. Silverman completed groundbreaking research at Tufts University on young women, and her findings are included in her new book, *Good Girls Don't Get Fat: How Weight Obsession Is Messing Up Our Girls & How We Can Help Them Thrive Despite It*. Dr. Silverman encourages youth to reach their potential and become leaders.

Teens, parents, and community members are invited to attend this event to learn how to empower girls beyond body image through discovering tools to foster leadership skills, healthy self-esteem, empowerment, and community service. Teens who participate in the event will receive a "Passport to Young Women's Empowerment in San Diego," along with a goodie bag.

Snacks and refreshments will be provided. *Good Girls Don't Get Fat* will be available for purchase and Dr. Silverman will sign books after her talk. Tickets are \$10 and free childcare will be provided. Advanced registration is required. To register for the event, please visit www.jfssd.org/beauty

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JEWISH FAMILY SERVICE OF SAN DIEGO

Jewish Family Service was founded in 1918 by a consortium of women's clubs who sought to address the myriad of human needs of the time. Today, JFS is a comprehensive human service organization with eleven locations throughout San Diego County and three in the Coachella Valley. From its early grassroots origins, the agency now serves more than 35,000 people annually. Its programs and services include: Adoption; Case Management; Counseling; Crisis Services; Family Violence; Jewish Connections; Refugee Resettlement; Older Adult/Senior Services; Parenting, Youth & School-based Services; and Training/Education. Learn more about why JFS is *One Source for a Lifetime of Help* at www.jfssd.org

**THE JEWISH WOMEN'S FOUNDATION OF THE JEWISH COMMUNITY
FOUNDATION OF SAN DIEGO**

The Jewish Women's Foundation is dedicated to supporting the Jewish community through innovative and creative funding to benefit and enhance the lives of primarily Jewish women and girls locally, nationally and globally. Guided by Jewish values, the Jewish Women's Foundation creates awareness of the issues and needs of Jewish women and girls. Through the work of this Foundation, women are empowered as funders, decision makers, and agents for change in the community. www.jcfsandiego.org.