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# WAUKEGAN PARK DISTRICT

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## For Immediate Release

**To:** All Media

**Contact:** Lara Wahlbeck, M.S., CPRP  
Recreation Specialist- Youth and Teen Programs  
Waukegan Park District  
(847) 360-4708  
lwahlbeck@waukeganparks.org

**The Girlz In Transition FREE Open House *For girls ages 9 to 12 and 13 – 16***  
**October 20, 2007 from 11:00am to noon**  
**The Belvidere Recreation Center**

**Waukegan, IL (October 5, 2007)** - The school year has begun once again, and our girls need us now more than ever. **The Waukegan Park District has teamed up with Girlz in Transition to TAKE ACTION** and encourage young ladies such as yourselves to participate in our programs and/or other community programs that will build on your strengths and encourage you to be the BEST you can be. Make the right choice, the fun choice, the only choice and register for the Girlz In Transition program today!

Girls will meet in a weekly 1-hour group format for 6 weeks beginning on November 6, and attend an appreciation celebration in the 6th week. Each week of the program, the girls will participate in activities that will encourage role playing, leadership skills, self-confidence and positive interaction between girls who usually shy away from interacting with others. Topic discussions include feuding, leadership, fairness amongst peers, being included, being your own friend first, journaling, self-esteem, communication skills and more!

The Waukegan Park District, encompassing 46 neighborhood and community parks with 719 acres of land, serves the culturally diverse community of Waukegan through its traditional and non-traditional parks/sports programming for the entire family as well as leisure programming for senior adults. Park District programming also encompasses professional music, dance, theatre and visual arts instruction through the Jack Benny Center for the Arts, cultural enrichment through the Waukegan Symphony and Concert chorus, the Bowen Park Opera and Theatre Companies, and other quality educational historical and craft programs through the Bowen Heritage Circle.

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