



# Fit, Flourishing, & Fly Girls Empowerment Summit

Coming to Maryland in September 2009!!!

This two day conference will enlighten, encourage, and empower African American girls ages 10-12 (like you!) to take charge of their health and become agents of changes in their homes, schools, and communities!



Free Giveaways

Meet new friends!!

Fun workshops

Celebrity Performances

## How to enter

Get permission from your parents or caregiver and complete the Essay form included in this packet. Submit the completed form by mail or fax to:

***Fit, Flourishing, & Fly* Essay Contest**  
 BET Foundation, Inc.  
 BET Networks Corporate Office  
 1235 W Street, NE  
 Washington, DC 20018  
 Fax: 202.608.2896



The deadline is August 19, 2009, so don't delay. Winners will be selected based on the responses on the Essay form and the entrant's commitment to serving the community. You will be notified by August 25<sup>th</sup> by mail and phone if you have been selected to attend the conference.

## Prize

Each entrant selected to attend the conference will receive:

- free pass to attend the *Fit, Fabulous, & Fly* Girls Empowerment Summit
- free healthy breakfast, lunch, and snack
- free admittance to the celebrity concert
- a chance to walk the red carpet
- free souvenir t-shirt, bag, and other gift items
- a chance to star in the *Fit, Fabulous, & Fly* conference video
- a chance to provide your recommendations to President Obama on how you can make a difference in your community

Made possible with a grant from



# Essay Form

*Fit, Flourishing, & Fly* Girls Empowerment Summit Contest Application

Applicant Information  
(print legibly)



Full Name \_\_\_\_\_  
Grade \_\_\_\_\_ School \_\_\_\_\_ Year of Birth \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Telephone \_\_\_\_\_  
Parent's Name \_\_\_\_\_  
Parent's Signature \_\_\_\_\_

## Applicant Essay


The reason I would like to attend this conference is...

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

One unique thing about me is...

\_\_\_\_\_  
\_\_\_\_\_

Living a healthy lifestyle is important to me because...

\_\_\_\_\_  \_\_\_\_\_  
\_\_\_\_\_

One way I can help my community become healthy is...

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Something interesting that you should know about me is...

\_\_\_\_\_  
\_\_\_\_\_

Return this form by August 19, 2009 to:  
*Fit, Flourishing, & Fly* Essay Contest  
BET Foundation, Inc.  
BET Networks Corporate Office  
1235 W Street, NE  
Washington, DC 20018  
Fax: 202.608.2896



Made possible with a grant from

