

Contact: Ileana Griffiths 973.643.8600 ext. 613  
FOR IMMEDIATE RELEASE  
February 25, 2005

## **Girl's Action Network, Inc.**

**Presents**

### **GETTING THE BASICS: Nutrition & Fitness Information You Can Use**

**Saturday, April 2, 2005**

**9:00 a.m. – 12:00 p.m.**

**at**

**The ALLIANCE FOR HEALTHCARE, LLC  
292 Bloomfield Ave, Montclair, NJ 07042  
973.746.3324**

| <b>Speaker</b>   | <b>Topic</b>   | <b>Time</b>             |
|--|--|-------------------------|
| Ileana Griffiths<br>Your Being...<br>Wellness*Spirit*Life                          | Fitness – Types & Benefits<br>Getting started and staying<br>motivated   | 9:00 a.m. – 10:00 a.m.  |
| Safiya Matthews<br>Phoenix Rising<br>Nutritional Advising &<br>Organic Baked Goods | Nutrition – Developing a<br>healthy eating style   | 10:00 a.m. – 10:45 a.m. |
|  | Supermarket Tour -- How<br>to purchase nutritional<br>products in your local<br>supermarket<br>(Lackawanna PathMark) | 11:00 a.m. – 12:00 p.m. |

**Call To Register, Call GAN at (973) 867-6969 or (212) 591-6969.**

All participants should pre-register by March 31, 2005.

Program Objective: A productive mind can best succeed when a healthy body and lifestyle support it. The GAN process places emphasis on health and fitness by providing informational and practical sessions that provide exposure to exercise and nutritional approaches within the reach of girls in grades 7 –12.

GAN Overview: Girls Action Network, Inc. (“GAN”) is a 501 (c )(3) non-profit organization that educates and empowers girls in grades 7 – 12 particularly from underserved communities. Our objective is to enable girls to shatter stereotypes, explore opportunities and set themselves on a course toward success. GAN seeks to accomplish these goals through the use of technology, career awareness, and networking with positive role models. To learn more about GAN, please go to [www.girlsactionnetwork.org](http://www.girlsactionnetwork.org).