

Project Authentic Beauty (PAB) research over the past few years shows that Atlanta's girls are plagued by unhealthy body image obsessions, disordered eating, and pressure to be thin from sources like parents, friends, and the media. PAB provides opportunities through their workshops for girls to reach a point of love, peace, and acceptance of their bodies and their beauty, both inside and out.

Our Ultimate Vision is to initiate and inspire change in the body of Christ by empowering women to be authentically transformed, "from the inside out."

Ultimately, girls will leave this experience feeling hopeful and with greater self-esteem.

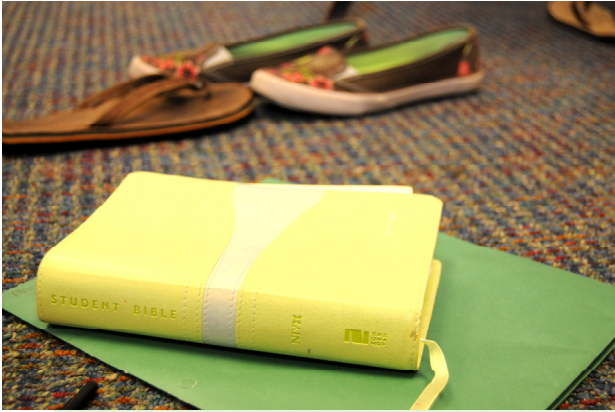


To enlighten and inspire women and girls to embrace their God-given beauty

Project Authentic Beauty Camp for Girls, 8-18
June 21st – June 25th, 9:30am-12pm
Hosted at East Cobb Presbyterian Church



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Campers will start the day all together for a short devotional before splitting off into age appropriate groups. Our schedule for the week will include the following:

Monday:

Authentic Beauty-learn that inner beauty is the most important key to expressing your authentic self, that God looks at the heart and why that's important.

Tuesday:

Authentic Health-learn the importance of physical health and nutritional well being, while validating the fact we are made in the image of God.

Wednesday:

Authentic Awareness-learn to look beyond media images and instead see a diversity of beauty, and learn to lean on Christ instead of the basic principles of this world.

Thursday:

Authentic Voice-learn how to speak up for yourself and to use your youth voice as an active image bearer.

Friday (for girls 13-18):

Authentic Expression, where you create an 'image journey' and review it with a professional makeup artist from Authentic Beauty. Awareness of diverse beauty starts with seeing the beauty in yourself inside and out. You are his beloved!

Several savvy volunteers have stepped forward to lead your girls and to help make this week a success! This also includes professionals from the Body Matters Program, Authentic Beauty, and Women's Premier Fitness. Special guests abound to make this an unforgettable experience for your daughter.

Alison Cross, Licensed Professional Counselor and Co-Founder of Project Authentic Beauty (bodybeautybravery.com) will be the host for the week.

Contributors during the week will include:

Alyson Hoag, CEO of Authentic Beauty LLC (myimagejourney.com) and professional, celebrity makeup artist;

Atlanta model, Amber, who will share her story and experiences with the fashion industry;

The professionals from **Body Matters** (bodymattersprogram.com); and

Women's Premier Fitness (www.womenspremierfitness.com)

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Register NOW at bodybeautybravery.com