

SASF's Strive for STRENGTH Retreat

This Retreat will educate young women on the following:
Identity

Special Guest Speakers -

Caitlin Shoemaker



Dana D'Amico



Friday, April 19, 2019

3:30 PM - 9 PM check in starts at 3:00 PM

SASF/Bel Air Wong Family Community Center
9040 High Tech Court, Elk Grove, CA 95758

Special Guests

Caitlin Shoemaker is a 24-year-old content creator originally from Columbia, MD. She is the full-time recipe developer, photographer, and food stylist for her blog and lifestyle brand, From My Bowl. FMB started as a creative project while Caitlin was in college. Always passionate about healthy, sustainable, and accessible lifestyle habits, Caitlin decided to start a food-based Instagram account and YouTube channel while she pursued a degree in Physical Therapy. As From My Bowl's social media platforms grew and she learned more about the business, Caitlin decided to take a leap of courage and leave her science-based studies in order to pursue FMB as a full-time job. Through lots of hard work and dedication, Caitlin has successfully built From My Bowl into a sustainable career and has amassed an audience of almost one million users. Through simply delicious recipes and easy-to-follow tips, Caitlin aims to make a plant-based lifestyle accessible and attainable for everyone. While she believes in working hard, Caitlin also emphasizes finding a balance between "the hustle" and self-care practices. She currently lives just outside of Portland, Oregon with her boyfriend and adorable (but energetic) dog. In her free time, you'll most likely find her flowing on her yoga mat, exploring the great outdoors, or doing a face mask while enjoying some Chocolate.

Dana D'Amico was born and raised in Sacramento, CA and has lived there for over 47 years. She has been in the real estate industry for 28 years and a public advocate for preventing domestic violence in Sacramento and throughout California. She is a survivor of domestic violence and has been sharing her story and solutions for 8 years. It's her passion to help others strive to be the best they can be and to impart her knowledge of life experiences and challenges in our communities. For over 8 years, she has worked with non-profit groups to prevent sex trafficking and to help educate the public, striving to put an end to the hate and unethical thought processes in the community. She has been published in 3 books from 2013 thru 2015 and is the co-author of Table Spoon of Tears, penned in 2014. For 10 years, she was the Leader of the Dance Ministry at Center of Praise, where she equipped the dancers and church with biblical lessons and leadership. She is also a certified public speaker for Courage Worldwide and has garnered national recognition for her writing submission on behalf of Jenny Williams, the recipient of the Woman of Worth Award by L'Oréal. She is the CEO of Be-Liberi, which is coming soon.

Registration: \$30* per participant - before April 1, 2019
\$50 per participant - at the door

Please make checks to SASF, Strive for Strength

Includes T-shirt, dinner, dessert and give away item, Girl Scouts can receive a Strive for Strength patch

Open to **ALL** young females ages 12 years - 18 years.

Registration forms available online.

*Registration fee must be paid in full prior to the retreat. **NO REFUNDS.**

For more information: www.striveforstrength.org

Sponsored by:



SASF/Strive For Strength Tax ID: 94-3227001

Proceeds from SAS goes towards funding the Linda Kobayashi Scholarship. A \$1,000 Linda Kobayashi Scholarship will be available to a qualified senior that attends the retreat. Forms will be available at www.SASFQuest.org. This is not an EGUSD/SCUSD sponsored program and EGUSD/SCUSD accepts no liability or responsibility for this program/activity.