



Annual Girl Scouts HER Day Event March 2 to Feature Mary Eberle from aNeMonE

(Spokane, Wash–Feb. 11, 2013): aNeMonE Paper Flowers creator Mary Eberle will be the keynote speaker March 2 at Girl Scouts Eastern Washington and Northern Idaho’s 8th annual HER Day event. The event will be held at the Girl Scout Program Center located at 1404 N. Ash Street, Spokane from 9:30 a.m. - 4 p.m. The cost is \$20 per person and includes registration, participation in a choice of four workshops throughout the day, lunch, door prizes, a t-shirt and a SWAG bag. Registration closes February 25, 2013.

HER stands for Healthy, Energetic and Resourceful. This fun event is designed for girls in grades 6 through 12 who are interested in making good choices and building self-esteem. Other workshops will include rock climbing, yoga, self-defense, food & nutrition, Zumba, recycled jewelry making, hair/make-up, vintage swing dance, essential oils, poetry in motion, two workshops led by Gonzaga University’s Ultimate Frisbee Team and more.



Mary will conduct two paper flower making workshops for the participants that day and will also talk with the girls about what it takes to be a female small business owner, strong woman, mother and daughter. Her presentation will be focused on how to live a full and meaningful life. She will discuss the importance of living intentionally, being courageous, building confidence, having integrity and overcoming challenges.

aNeMonE Paper Flowers is the world’s only full-scale paper florist right here in Spokane! To find quaint floral boutique, journey south of Downtown to Spokane’s SoDo District. aNeMonE creates memories that continue to bloom with handmade flowers for all occasions, and offers rental services for weddings and corporate events. These aren’t your Grandma’s paper flowers.

Mary is the mother of four boys, a singer, artist, yoga lover, gardener, skier, play director and she has worked on movies. She is a founding board member for the Main Market Food Co-op and is a Spokane Symphony Associates Christmas Tree Elegance volunteer.

To register for HER Day go to www.gsewni.org. For more details about HER Day contact Mindy Thorp, mthorp@gsewni.org or (800) 827-9478, ext. 216.

About Girl Scouts Eastern Washington and Northern Idaho

Girls are at the center of everything we do. Girl Scouts is the preeminent leadership development organization for girls, the leading authority on girls’ healthy development and is working with girls and women to transform the leadership landscape for girls into the next century. Girl Scouts

Eastern Washington and Northern Idaho serves more than 8,200 girls and 2,600 adult volunteers. The council region encompasses 67,000 miles that includes 20 counties in central and eastern Washington and 10 counties in northern Idaho. Girl Scouts Eastern Washington and Northern Idaho is committed to discovering, celebrating and fostering the leader in every girl. *Girl Scouts builds girls of courage, confidence and character who make the world a better place.*

Follow and “like” GSEWNI on Facebook at www.facebook.com/girlscouting, Twitter and YouTube. For more information about the council and the many ways to be involved with GSEWNI, visit www.gsewni.org.



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Contact: *Susan Nielsen, chief communications officer, (509) 991-9151, snielsen@gsewni.org*

The flyer features a purple and blue background with a pattern of white circles and lines. In the top left, the Girl Scouts logo is shown above the text "girl scouts of eastern washington and northern idaho". The main title "DEFY THE ORDINARY HER Day uniquely ME!" is prominently displayed in the upper right. Below the title, a QR code is labeled "REGISTER NOW!". To the right of the QR code, a quote reads: "You can change the way you look, or you can change the way the world looks at girls." Below this, a list of topics for the event is provided: "Self Esteem is: Good Nutrition, Style & Fitness, Friendships & Family, Relationship Building". A green oval with the text "INVITE YOUR FRIENDS!" is positioned near the bottom center. The event details on the left include: "Saturday March 2, 2013, 9:30 a.m. until 4 p.m. At the Spokane Program Center, \$20 for the day (Lunch and SWAG included!), Registration closes February 25, 2013, Open to ALL girls: Grades 6-12". At the bottom, contact information is listed: "For more details please contact Mindy Thorp at mthorp@gsewni.org or 800-827-9478" and "1404 North Ash Street | Spokane, WA 99201 | 800-827-9478 | www.gsewni.org".