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Press Contact: Lauren Hermes

Tel. (512) 619-0954

Email: Lauren@CampSHE.com

## **Tweens Sense of Self Inspires CampSHE**

CampSHE tells girls: "Yes, you are worth it!"

Three young professional women turn their girl-power passion into a summer camp.

Activities span yoga to girls Business Fair.

(AUSTIN, TEXAS) -- It's one of Hollywood's hot topics: Movies, magazines and television are exploding with stories about "mean girls," girls making unhealthy choices, and torn female friendships -- all portraying the lack of confidence young girls have to be smart and make positive life choices.

This summer, entrepreneur Miranda Oropeza-Hines, with certified elementary school teachers Lauren Hermes and Mary Derosa , are bringing together a diverse sisterhood of Austin women advisors and volunteers who share a dedication to empowering young girls. With their incredible passion for building strong, confident women, they have created a summer day camp for girls ages 9-12.

One of the most trying and frightening times of growing up is the formative years of middle school. Young girls are woefully unarmed to stand strong as their bodies change and blossom into young women. How can we as individuals, parents and teachers prove to girls that they must believe in themselves? What tools can we give them to succeed? How can we direct them to make healthy choices for themselves?

*Sisters, Healthy and Empowered*) aims to help answer these questions. The camp offers all that the name promises: an original curriculum of teambuilding, sisterhood, positive self-image, healthy choices and focus on individual empowerment. During its three two-week sessions this summer, the camp will inspire girls through workshops on filmmaking, yoga, self defense, entrepreneurship and an interactive career day.

CampSHE sessions will take place at St. Edward's University and will run Monday through Friday from 8:30 a.m. to 4:30 p.m.

CampSHE  
Miranda Oropeza-Hines, Lauren Hermes, Mary Derosa  
www.CampSHE.com  
Office: (512) 619-0954  
Office@CampSHE.com