



## ***Lean In* military-connected Girls and Moms (female mentor) Retreat**

Come join us at a weekend retreat for military-connected (guard, reserve, active duty) middle school age girls, their sisters, and mothers/female mentors held in Kansas. *Lean In* is filled with fun, health and learning about girl power to prevent bullying and build resilience. Retreat leaders are K-State University female students, their instructors, and professors.

***Is a member of your family connected to the military?***

***And are you a middle school aged girl or will be next school year?***

**If so, come join us!**  
August 1<sup>st</sup> (Friday) to August 2<sup>nd</sup> (Saturday), 2014  
from 1pm to 1pm at the  
First United Methodist Church,  
Harris Activity Center,  
Manhattan, KS

**For more information or to register, contact:**

**Operation Military Kids (OMK)  
K-State Research and Extension**

**Jackie Lynn Cox,  
OMK Retreat Coordinator  
cox1@ksu.edu  
(785) 532-1947 or 532-5773**

**Space limited to 12 girls and their female mentors.**

**Retreat fee of \$30/participant is due by 25<sup>th</sup> of July, 2014. Your fee helps pay for: three meals, snacks, materials and location.**

**Sponsored by:**



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