



*'Become the Brightest GEM' -  
Women's Health Fair and Family Fun Day*

Come see the [AmeriHeart](#), our *BIG* feature. It is a 'walk through' heart exhibit that educates visitors on the features and common diseases of the heart.



Each participant can expect a water bottle and a logo plastic shopper bag, and to merge into the traffic of an interactive environment filled with sponsors ready to answer questions, engage in screenings, and provide healthy life style tips about exercise and nutritious foods. Participants will be encouraged to walk the track for the American Heart Association, and have fun filling up their scavenger hunt cards with all the stickers to ultimately become the 'GEM' who:

- G - gets moving
- E - eats nutritious
- M - minimizes stress,

and earn a "MEDAL" showing they are on their way to better health and pledge to:

- M - maintain a healthy weight
- E - eat nutritious foods
- D - daily exercise for 30 min
- A - avoid smoking
- L - limit alcohol

[Listen to the video and learn more:](#)

<http://videos.al.com/birmingham-news/2011/02/ameriheart.html>

Women's Health Fair and Family Fun Day Project  
Roses and Wings Girls Mentoring Program  
P. O. Box 25802  
Richmond, VA 23260



***'Be the Brightest Gem'***

***Women's Health Fair and  
Family Fun Day***

***featuring  
the AmeriHeart  
Interactive Heart Exhibit***



***Noon to 4:00 PM***

***Saturday - May 19, 2012***

***George Wythe High School  
Athletic Field  
4314 Crutchfield St  
Richmond, VA 23225***

***Hosted by: Roses and Wings Girls  
Mentoring Program***



*Roses and Wings  
Girls Mentoring Program*

P. O. Box 25802 Richmond, VA 23260  
804-873-1202



Dear Friend:

Please honor us and the community with your participation in our National Women's Health Week 'Be the Brightest GEM' - Women's Health Fair and Family Fun Day. This event will be held Saturday, May 19, 2012, 12 noon to 4:00 PM as part of [National Women's Health Week](#) efforts which we believe really involves the whole family.

Falling in-line with national statistics, the Southside Richmond area population ranks fair to poor in general health and rates 60 % in heart disease, according to the Richmond City Health Department reports for 2010. Your participation will help us educate the public about health services, present ways they can get involved to live healthier lives, and learn more about the dangers of an unhealthy heart.

Roses and Wings carries out the mission of 'ending juvenile delinquency' in young girls ages 5 to 13 by teaching self-efficacy, addressing high-risk factors associated with drugs, alcohol, gangs, sexual experimentation, and unhealthy relationships. Along with that, we are always eager to help support events that address the needs of the entire community. Won't you join us? We look forward to your continued support.

Sincerely,

*Margaret S Johnson*

Margaret S Johnson, Exec Dir  
[www.rosesandwings.org](http://www.rosesandwings.org)



**Honorary Chair and Co-Chair:**

Dr. J. M. Carpenter and Dr. Sumac Diaz

[COMPLETE CARE FOR WOMEN](#)

7107 Jahnke Road | Richmond, VA 23225

Phone: 804.320.4967 | Fax: 804.320.7130

## Sponsorship/Partnership Agreement Form

*Thank you for agreeing to participate in our 'Be the Brightest GEM' - Women's Health Fair and Family Fun Day featuring the [AmeriHeart](#) Interactive Heart Exhibit to be held Noon until 4:00 PM Saturday, May 19, 2012 at George Wythe High School – Athletic Field 4314 Crutchfield St Richmond, VA 23225. Your participation and contribution is vital in our efforts to empower the community to take control of their personal health. To confirm your participation please complete and mail/email today!*

You have agreed to the following (Check all that apply):

\_\_\_\_\_ Ribbon Cutter - \$1000+ ..... Amount \_\_\_\_\_

\_\_\_\_\_ Platinum - \$125+ ..... Amount \_\_\_\_\_

\_\_\_\_\_ Gold - \$100

\_\_\_\_\_ Silver - \$ 50

\_\_\_\_\_ Bronze - \$ 35

\_\_\_\_\_ Patron - \$34 or below ..... Amount \_\_\_\_\_

\_\_\_\_\_ Gifts/Give-A-Ways ..... List: \_\_\_\_\_

\_\_\_\_\_ Supplies ..... List: \_\_\_\_\_

\_\_\_\_\_ Food Vendor ..... List: \_\_\_\_\_

\_\_\_\_\_ At my booth, my organization will provide the following demonstration/health service:

Brief description: \_\_\_\_\_

Agreed to by:

Print Name: \_\_\_\_\_

Company/Organization \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*Please sign and send a copy of this form, along with a check made payable to: The 24 Hour Children's Foster Care Center – Roses and Wings Program, P. O. Box 25802, Richmond, VA 23260.*

*For more information, questions, please contact Margaret S Johnson, Director at [rosesandwings@gmail.com](mailto:rosesandwings@gmail.com)*