

NEWS RELEASE
FOR IMMEDIATE RELEASE
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Improving Self Esteem With I.M.A.G.E.S Program

SUFFOLK, VA (September 7, 2010) Involving Mature Adolescent Girls Encouraging Self-Esteem, or I.M.A.G.E.S, is the destination for girls looking for a safe place to go or discuss things that can only be discussed with other girls. This program, sponsored by the Suffolk Department of Park and Recreation, is designed to encourage and promote self-esteem and a healthy self-image for our female teenagers.

I.M.A.G.E.S is free and will be held at East Suffolk Recreation Center on Wednesdays from September 15 until December 29, 2010, from 4:30-6:30 p.m. East Suffolk Recreation Center is located at 134 S. 6th Street, Suffolk, VA 23434.

For more information, please call 757-514-4502.

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