



Unity Care Group, Inc.
"Creating Healthier Communities"

Media Contact

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FOR IMMEDIATE RELEASE

Teenage Girls Educate Peers About Healthy Relationships and Pregnancy Prevention

Seaside, Calif., (November 1, 2011) On Wednesday, November 2, 2011, six female high school students will host a free Health Fair for teenage girls at the Oldemyer Center in Seaside, CA. The impressive group of young women are participants in Unity Care's Girls' Health in Girls' Hands (GHGH) program funded through a partnership with the Women's Fund of the Community Foundation for Monterey County and Unity Care. The purpose of the program is to give girls the opportunity to be advocates for their own health needs and to have better access to health information, support and services that are age appropriate and culturally sensitive in Monterey County.

For the past two months, these enthusiastic teenagers have worked very hard to coordinate their first health fair to educate peers living in the Peninsula. To promote the event, the girls distributed flyers at social clubs and made an announcement at their high school. In addition, they posted flyers at local libraries and partner community organizations, and utilized social media sites like Facebook and Twitter to help spread the word. Several community organizations supporting their efforts include the YWCA, Girl Scouts of the Central Coast, Compassion Pregnancy Center, Community Human Services and the Community Hospital for the Monterey Peninsula. Each organization will host informative health workshops and informational booths to discuss and educate teenage girls about important health issues and topics that are age appropriate.

Crystal Vasquez, Program Coordinator said, "I'm very proud of these young women because they are making a positive difference by giving their peers access to vital health information and topics that many girls might otherwise not get. As leaders of this project, they have selected relevant health topics/issues that teenage girls deal with on a daily basis such as healthy relationships, pregnancy prevention, community involvement, and drug and alcohol issues."

The last in a series of three health fairs occurs this Wednesday, November 2, 2011 from 4:30 p.m. to 7:30 p.m. The event will take place at the Oldemyer Center in the Blackhorse Room located at 986 Hilby Avenue, Seaside, CA 93955. Girls ages 11 to 18 are encouraged to attend the fair and participate in interactive presentations. Food, snacks, refreshments and raffle prizes will also be provided. For more information about the event contact Crystal Vasquez, Program Coordinator at (831) 449-7974 ext. 123.

ABOUT UNITY CARE GROUP

Founded in 1992, Unity Care Group, Inc. is a community-based non-profit multi-service youth and family development agency. Founded with the goal of developing educational and social programs to enrich the lives of at-risk youth, our mission is to provide quality youth and family programs for the purpose of creating healthier communities through lifelong partnerships. For more information contact Linda Vu, Communications and Development Specialist, at (408) 510-3480, or via email at lvu@unitycare.org or visit www.unitycare.org

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