

UPMC Hamot

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April 26, 2013

To Whom It May Concern;

UPMC Hamot wishes to express its support for Nurturing Hearts' Beautiful Girls' Workshop.

For the past two years, we have partnered with Nurturing Hearts to the benefit of inner city girls. As a healthcare provider, we feel it is part of our community commitment to offer educational programs to improve the health and wellness of its members. The Beautiful Girls' Workshop targets students ages 13-18, offering presentations on self-esteem, goal setting, following dreams, avoiding unwanted pregnancy, importance of living a healthy lifestyle, and feeling beautiful from the inside out.

Specifically, UPMC Hamot hosted the event in the education center of our Women's Hospital. We provided experts for the health & wellness presentations. We were also pleased to coordinate and cover the creation and printing of the brochure as well as assume the cost of the snacks and meals for the three day event. Our media relations team was also able to provided outreach to help promote the event. Our contribution to the event is minor when compared to the coordination by the Nurturing Hearts staff for transportation, speakers and volunteers, t-shirt coordination, promotions, and day-of support.

The program has seen great success in both 2011 and 2012 with more than 70 girls in attendance each year. I was particularly impressed that the majority of the ladies were able to commit to three days of programming. They needed and wanted the information provided. The feedback from the students has been very positive. I believe they understand that Nurturing Hearts, as well as UPMC Hamot, are resources they can turn to for support. I also believe that the young ladies felt empowered, seeing the potential that they have as individuals.

We are pleased to have been contacted by Nurturing Hearts to assist in providing this program for our community. The work that Nurturing Hearts is doing will help the young women in our community. I recommend introducing this program to your community.

Sincerely,



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