Thank you to all of you who joined us and those who contributed to make the InspireHer Sleep In such a successful event for over 100 girls aged 9-12. The focus of the night was Healthy You – Inside and Out. The evening began with the girls checking in and heading in to make their own dinner from the salad bar. Next came a presentation by nutritionist – Andrea Dahlman where she educated the girls about the effect of sugar on their bodies.

At 9:00 pm the girls and their mentors got moving with a Zumba class taught by Anabel Bentley. The girls then broke out into small group sessions where the rotated every 40 minutes these included:

- Dream boards – with Shaunna Ballas, Artist & Life Coach
- Yoga Class – with Marnie Williams a specialist in yoga for kids
- Self Defense – with Annie Goldwyn
- Self Esteem Builder – with Stephanie Smith and Dr. Suzanne Powell

After all that work the girls needed a healthy snack of a yogurt parfait with fresh berries and granola. At midnight the girls had the option to head to the gym for a dance party with the amazing Tiger Budbill, going to the games room, or working on art projects. Once the girls, mentors, and volunteers were totally worn out at around 1:30 am, we fired up the projector, pulled out the big screen and turned on Inside Out.

We can’t tell you exactly when everyone fell asleep, but we do know no one called home and there were a lot of sleepy girls who left the Club at 7:00 am with a healthy “to go” breakfast.

Thank you to all of our instructors, mentors, contributors, staff, Designer Portraits Studio and Trader Joe’s for providing water and fruit. The girls had an amazing time, bonded and learned they are beautiful and unique – inside and out.

For pictures check out our InspireHer Facebook page.