

## **Strong\* Her Participation & Permission Form**

This is a FREE class for young girls ages 10-14 (approximately) and the class is being held every Friday at the Upland Farmers Market from 4-4:45pm! This class could be called "boot camp on kindness" – but we don't want to scare anyone!! Fun teachings are going to build up, lift up & cheer up females who are passionate about being kind to themselves, one another and our earth. The goal is to help them know who they are (which is Love), that they are enough (no one should put them down, make them feel less than or bully them), and to learn how to be stronger today than they were yesterday!

**Student Name:**

**Student Age:**

**Parent/Legal Guardian Name:**

**Parent/Legal Guardian's Phone Number:**

**Another Contact (Name & Number) in case of an emergency:**

**Hospital of Choice in case of an emergency:**

**Parent/Legal Guardian email:**

**\*I give my daughter permission to participate in Strong\* Her classes at the Upland Farmers Market any and every friday throughout the 2019 season. I give permission for pictures to be taken and used on our social media farmers market sites: Facebook: @uplandINfarmersmarket | Instagram: @uplandfm  
Tiffany Justice and Jenni Webb are responsible individuals whom I release from being held liable of any kind or any harm at any time during this program that is designed to teach loving-kindness in a strong way.**

*Parent/Legal Guardian signature:* \_\_\_\_\_

*Date:* \_\_\_\_\_ 2019

If you would like to share in the love, our hashtags are: #strongher #iamenough  
#kindnessmatters #beekind #uplandindiana #farmersmarket