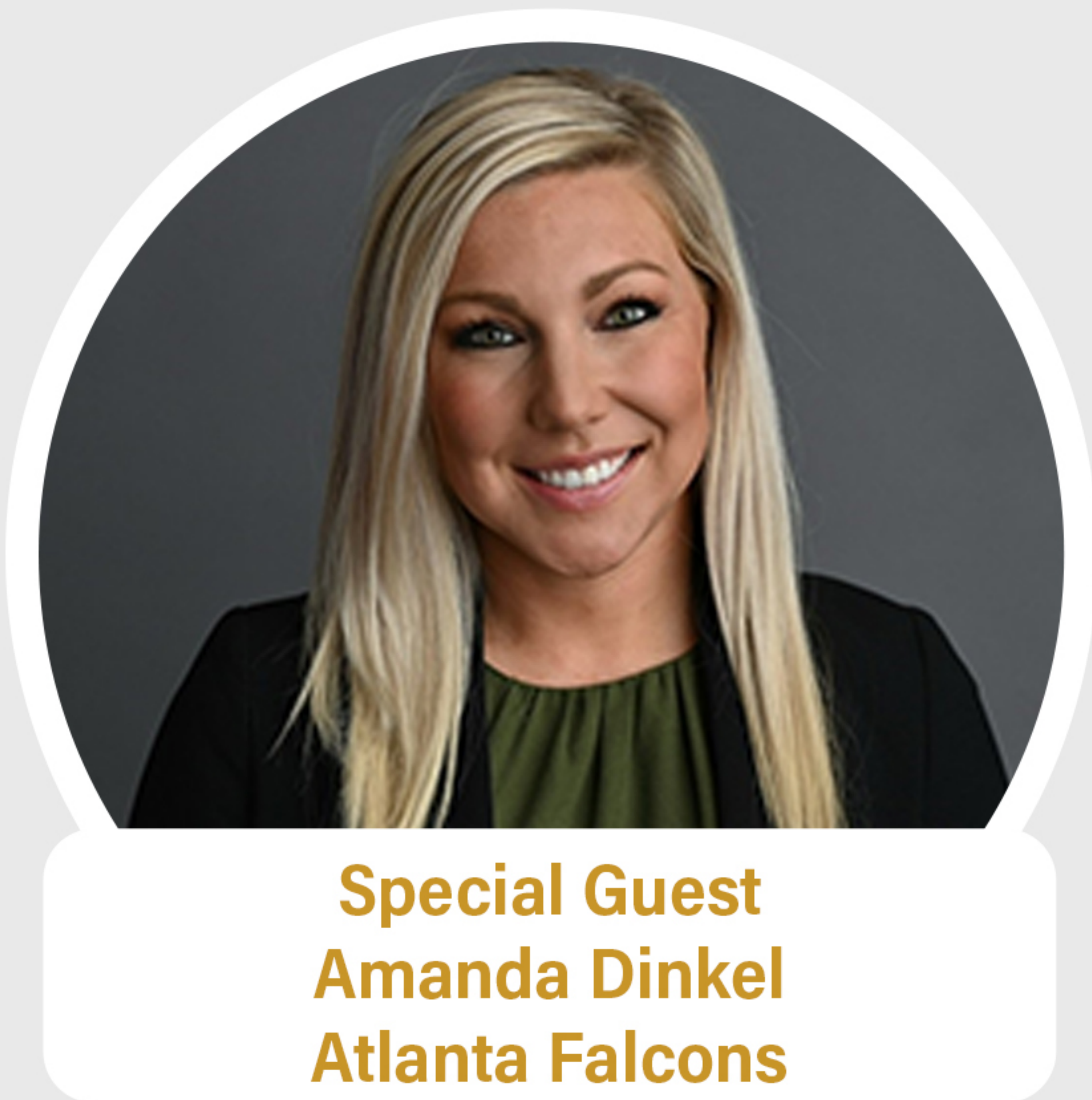


Heroes

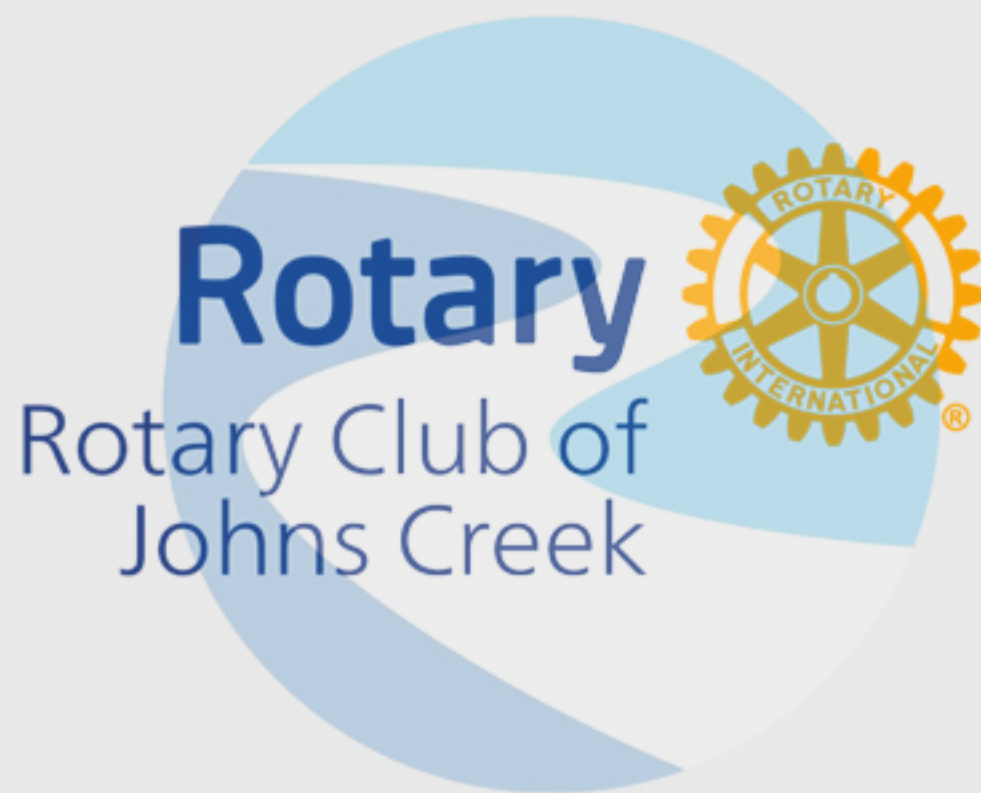
Join us to celebrate Women’s History Month! Hear from powerful women in our community about their paths to successful careers, including college athletes! This free event will include two keynotes, panel discussion, and interaction among participants.



Special Guest
Amanda Dinkel
Atlanta Falcons



March 15, 2024 (10 AM-12 PM)
The FoCAL Center
1150 Dahlonega Highway, Cumming



Join us for this empowering morning with inspirational speakers, leadership skills, door prizes, and a chance to earn service hours.

Bring an item from the list below to help fulfill a need in our community and receive service credit hours.

Resident Personal Items

- Exfoliating Face Cleanser
- Face Cleanser for Sensitive Skin
- Facial Moisturizer
- Deodorant
- Shampoo and Conditioner
- Teen Multivitamins (gummies)
- Popular Teen Body Sprays and Perfume
- Pajamas (s-m-l-xl-xxl)
- Robes (s-m-l-xl-xxl)
- Slippers (women's sizes 8. 9. 10)
- No-Show Socks (women's sizes 6 - 12)
- Underwear
- Sports Bras (s-m-l-xl-xxl)

School Supplies

- Headphones w/Microphone
(for computers)
- Printer Copy Paper

Pantry Items

- School Snacks Individually Wrapped
(crackers, granola bars, yogurt,
cheeze its, chips, pop tarts)
- Fruits (bananas, oranges, apples)
- Canned Vegetables
- Meats
- Applesauce
- Low-Sugar Fruit Cups

Shelter Items

- Clear Hand Soap (refill bottles)
- Paper Towels
- Toilet Paper
- Laundry Pods for HE Washers
- Lysol Wipes
- Lysol Spray
- Swiffer Wet Cloth Refills
- Pillows



HERoes Leadership Event
March 15 at 10:00 am
The FoCAL Center
1150 Dahlonega Hwy., Cumming

RSVP Here

