



## FOR IMMEDIATE RELEASE

### Empowering the Next Generation: 200 Minority Girls Unite in Englewood to Redefine Resilience, Wellness, and Leadership

CHICAGO, IL — [M.E.A.N. Girls Empowerment™ \(Manage Emotions Avoid Negativity Girls Inc.\)](#) proudly [announces](#) the 5th Annual Girls Health Matters Summit, taking place Saturday, March 28, from 9:30 a.m. to 3:30 p.m. at Englewood STEM High School. This dynamic event will bring together 200 minority girls for an inspiring, newsworthy day focused on health, healing, and empowerment, shining a spotlight on the voices and stories that matter most.

This year's theme, "Glow & Grow: Crushing Stress and Building Strength," is a timely response to the urgent pressures facing adolescent girls. From academic demands and social media stressors to community violence and economic uncertainty, many young girls, especially in under-resourced communities, are navigating anxiety and instability beyond their years. The Girls Health Matters Summit boldly tackles these realities, offering a powerful platform for dialogue, healing, and hope.

#### Why Englewood? Why Now?

Englewood is a community rich in resilience, culture, and leadership. Yet it continues to face disproportionate challenges related to health disparities, mental wellness access, economic hardship, and exposure to trauma. **"Every day, our girls and their families face challenges that test their strength and spirit. The Girls Health Matters Summit is more than a gathering; it's a catalyst for change and a celebration of resilience. We are dedicated to creating a space where minority girls are empowered to lead, discover their voices, and envision new possibilities for themselves and their communities. Seeing their transformation each year reaffirms our belief in the power of hope, unity, and leadership,"** stated Shatina Edwards, Founder and Executive Director of M.E.A.N. Girls Empowerment. The Girls' Health Matters Summit is not political. It is practical. It is preventative. It is protective. It is a deliberate investment in girls before the crisis becomes a consequence. **"We are absolutely thrilled to welcome the Girls' Health Matters Summit to Englewood STEM this year. The summit's theme, 'Glow & Grow,' resonates deeply with our school's mission to nurture the whole child—not just academically, but emotionally and socially. Hosting this summit is a natural extension of that work. We aren't just hosting an event; we are continuing a movement of empowerment that helps every student show up as their healthiest, most confident self,"** explained Principal Christopher Shelton.

#### A Day Designed for Impact

Highlights of the summit include:

- Interactive workshops on mental health, stress management, and emotional regulation



- Conversations about nutrition, body confidence, and physical wellness
- Exposure to women leaders and professionals who reflect the lived experiences of the girls in attendance
- Community vendors and partners providing health resources and information for families
- Safe spaces for bonding, reflection, and peer connection

Participants will leave empowered with practical tools, exclusive wellness resources, and renewed confidence to manage stress, advocate for themselves, and become changemakers in their communities.

### **Building Strength in Uncertain Times**

Adolescence has always required guidance, but today it demands intentional protection and support. Keneatha Johnson, Board President, emphasized, **“When we invest in the health and empowerment of minority girls, we lay the groundwork for stronger families and more resilient communities. Equipping our girls with practical coping skills, accurate health information, and powerful representation isn’t just support, it’s a strategy for generational change. ‘Glow & Grow’ is more than a theme; it’s our unwavering commitment to ensuring every girl in Englewood and beyond is seen, heard, and equipped to lead. This is about transforming potential into progress and making sure no girl is ever overlooked or underestimated.”**

### **Media Invitation**

We welcome television and radio partners to schedule advance interviews leading up to the summit and invite media to cover the event on-site on March 28. Please contact Keneatha Johnson at [k.johnson@meangirlsempowerment.org](mailto:k.johnson@meangirlsempowerment.org).

### **Registration Information**

Registration is now open, and space is limited to 200 girls. Early registration is strongly encouraged, as this summit reaches capacity each year. Parents and guardians can secure their child’s spot by visiting [meangirlsempowerment.org](http://meangirlsempowerment.org). There is no cost to attend.

### **About M.E.A.N. Girls Empowerment™**

M.E.A.N. Girls Empowerment™ is an award-winning Chicago-based organization committed to empowering minority girls to transcend adversity, build emotional intelligence, and become change agents within their communities. Through mentorship, leadership development, and health-centered programming, the organization has a proven track record and has served girls across Chicagoland for over a decade.

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