

Celebrate the mother-daughter bond on Mother's Day Weekend!

Moms as Mentors, a unique program for mothers and daughters started by Johnson Graduate School of Management (JGSM) at Cornell alumna Emilie Liebhoff, returns to Ithaca on May 8, and will be held at Cornell University's Hoffman Challenge Course. The program brings together mothers and daughters for a day of team-building, fitness and wellness, and leadership training activities. Acknowledging the central role of mothers in their daughters' development, the program creates the opportunity for sharing, bonding, and fun!

Participants in this year's Ithaca program can expect to partake in low and high ropes course activities, nutrition and healthy living workshops, mother-daughter games, artistic exercises, and collaborative adventures. Importantly, the day will focus on bonding and fun!

This year's event, which is managed by Katie Drossos and Courtney Wilkinson (both current JGSM students) will feature a day of collaborative games, low and high ropes course activities facilitated by experienced Cornell Team and Leadership Center staff, creative artisan activities, and an afternoon session focused on finding commonalities- whether experiences, challenges, or interests- between mothers and daughters. In some sessions, moms and daughters will work together to figure out how to get their teammates through a ropes course challenge, while others will focus on nutrition and learning about how certain foods can make them feel either tired or energetic.

This special day will culminate with moms and daughters creating colorful life 'storyboards,' expressing their individualism, strengths, and goals. These boards will provide a keepsake reminder of not only personal dreams, but also the ways mothers and daughters feel about one another, and how they can form an understanding and supportive partnership in everyday activities. In the past, moms have described this program as, "a special gift," "impactful," "terrific," and "a great day" while girls have said, "it was fun," "was awesome," and "it rocked!"

The dynamic curriculum offered on May 8 at Cornell's Hoffman Challenge Course is open to girls in grades 3 – 8 and their moms. If moms are unable to attend, special friends are welcome. Tuition for the program is \$90 per pair for the full day experience. Sibling discounts and scholarships are also available. To learn more or to register for the memorable and fun one-day program email Katie Drossos at kbd38@cornell.edu, call (202) 577-6384, or visit www.momsasmentors.com. Registration deadline is April 21, 2010.