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**FOR IMMEDIATE RELEASE**

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## Teens Encouraged to Take Risks, Hang Tough, Reach Out

### **Board Representation**

*Boys & Girls Clubs  
of Larimer County*

*City of Fort Collins*

*City of Loveland*

*Colorado State University*

*Department of Health &  
Exercise Science*

*Office of the General Counsel*

*CSU Cooperative Extension  
4-H Program*

*Colorado State Patrol*

*District Attorney's Office*

*Enck Resources*

*Health District of  
Northern Colorado*

*Larimer County Department  
of Health & Environment*

*Macdonald Financial Services*

*McKee Medical Center*

*Partners Mentoring Youth  
of Larimer County*

*Poudre School District*

*Poudre Valley Health System*

*Thompson School District*

*Town of Berthoud*

Larimer County, CO—Take risks! Hang tough! Reach out and help others! These are just some of the messages teens will hear during **The 2006 Family and Youth Summit, on Saturday, April 22**, at the First National Bank Exhibition Hall—The Ranch/Larimer County Fairgrounds.

The Summit is a one day conference for youth (12-18), parents, educators, youth-service providers and everyone else concerned about the future of our community's young people. Activities, keynote presentations and interactive sessions will focus on helping youth and families make healthy lifestyle choices, build character, overcome obstacles to reach their goals and give back to the community by serving others.

Session presenters include:

- **Jim Davidson**, an international expedition leader and high-altitude rescuer who is known for falling 80 feet into an icy crevasse while ice climbing will lead a session called "Planning and Doing Colorado Outdoor Adventures." Davidson will teach families and youth about the importance of perseverance and self-discipline in achieving goals. He will share his hard-won techniques for overcoming obstacles in life and teach individuals how to go far beyond their perceived limits by tapping into self-discipline and determination to reach their goals.
- **Steve Sewell**, one of the most popular Bronco players in history, has combined an outstanding football career with an exceptional degree of involvement in the Denver community. The focus of his session, "Inspiration to Live By," will be on the importance of community service. He will share how his life has been shaped by his community service experiences as a member of the board of directors of the Colorado Federation of Parents for Drug Free America, the Police Activities League, the Aurora D.A.R.E. board of directors and Fellowship of Christian Athletes.
- **Katie McReynolds**, a senior at Poudre High School, will lead a discussion with teens and adults about why healthy risk taking is integral to the life of adolescents and how it can help them discover, shape and consolidate their identities. This session will provide a forum for youth and adults to have a frank, open discussion about encouraging and supporting youth to "spread their wings."

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### Teens Encouraged to Take Risks

Other sessions include:

- Beyond Tarzan and Jane: A Session for Young Men about Healthy Relationships
- Being Ordinary in a Supermodel World: A Guide for Young Women
- Get on Board! Youth & Adults Together on Boards of Directors
- What Girls Need to Know About Becoming Leaders
- Healthy Habits for Healthy Families
- Stress Management: Taking Care of Yourself
- Rites of Passage for Families
- Love and Family Leadership
- Becoming a Family of Character
- This Stuff Really Works! A Social Norms Approach to Prevention
- Building Your Students' Self Esteem
- Why Volunteer? Adding Value to Our Community
- Making the Most of After School Programs
- Engaging Youth: Volunteer Development
- How to be Brainwise

The Healthier Communities Coalition of Larimer County (HCC) is hosting The Summit with support from many organizations within Larimer County. To register for The Summit online, go to [www.healthylarimer.org](http://www.healthylarimer.org). To receive a registration form by mail or for more information, contact HCC at (970) 495-7503 or [krs4@pvhs.org](mailto:krs4@pvhs.org). Prices are \$15 for students, \$30 for adults, and \$50 for a family of three or more; includes lunch. Scholarships are available. The deadline to register is April 15.

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The Healthier Communities Coalition of Larimer County is an alliance of nonprofit, education, health, business, government and citizen leaders who collaboratively identify, develop and implement strategies to improve the health and well-being of county residents. Established in 1994 and located in Fort Collins, Colorado, HCC's special focus since 2002 has been on improving the lives of our youth.