



CITY OF COLONIAL HEIGHTS

P.O. Box 3401
COLONIAL HEIGHTS, VA 23834-9001
www.colonial-heights.com

MEDIA RELEASE

COLONEL GWEN BINGHAM, GUEST SPEAKER, AT COLONIAL HEIGHTS ANNUAL YOUTH FORUM

COLONIAL HEIGHTS, VA - March 6, 2011

The Colonial Heights Youth Advisory Council, Youth Services Commission, and Office on Youth will host our annual Youth Forum on Wednesday, March 16 at Colonial Heights High School from 6:00 to 8:30 PM.

Colonel Gwen Bingham, Quartermaster School Commandant at Fort Lee will be our guest speaker. She has served in a myriad of staff and leadership positions throughout her military career all over the United States and throughout the world. Among other things, Colonel Bingham will share her inspirations, her challenges, and her mentors and supporters through the years.

Middle and high school students and guests are invited to enjoy refreshments, and participate in discussion groups that will focus on positive self image, bullying a.k.a. "drama", healthy relationships, substance use, safety behind the wheel, and time management. The evening will wrap up with great door prizes for teens!

For additional information, please contact Abby Lynch the Office on Youth in Colonial Heights at 520-9289.

###