

Press Release

Header or Title: *Hopimamant Itàaqatsiy Öqalni'yyungwa* (Hopi girls sustain the Hopi way of life): Mother-Daughter Dinners

Announcement:

As Hopi and Tewa parents, we know that our daughters are precious to our culture and traditions. They are the cornerstones of our clans and will one day grow up to become mothers caring for future generations of Hopi and Tewa children. There is much that parents can do to keep their daughters' healthy and decrease their risk of disease, such as cancer and diabetes.

The HOPI Cancer Support Services is committed to safeguarding the health of Hopi and Tewa girls. As part of this commitment, they are hosting a series of mother-daughter dinners called *Hopimamant Itàaqatsiy Öqalni'yyungwa*, or Hopi girls sustain the Hopi way of life. These dinners are part of a research project with Cornell University and the University of Washington to help educate parents about important issues affecting the health of young girls.

These special dinners are limited to only mothers and daughters, between the ages of 9 and 12. The dinners will be held at various locations throughout the Hopi reservation during the months of March and April. The evening will begin with a time for socializing followed by a delicious buffet dinner. Afterwards, while the daughters enjoy an arts and crafts activity while learning about the importance of self-esteem and goal setting, mothers will hear an educational presentation about things they can do to keep their daughters healthy. By making sure our daughters are healthy today, we help to protect our culture and traditions for future generations of Hopi and Tewa people.

Space is limited, so you must sign up to attend the dinner. For more information about the dinners or to sign up, please contact [NAME] at [ORGANIZATION]. [NAME] can be reached by phone at XXX-XXX-XXXX.