



STARRS
505 Sheffield Court
Cranberry Township, PA 16066
(724) 355-0786

Contact: Lindsay Winkler
Public Relations Writer
(724) 766-5216
lwinkler@starrs.com

FOR IMMEDIATE RELEASE:



Dr. CHRISTINE GERBSTADT SET TO SPEAK ABOUT MEDIA INFLUENCE ON YOUNG GIRLS HEALTH

CRANBERRY TOWNSHIP, Pa (April 2, 2012)- A registered dietitian for more than 30 years, Christine Gerbstadt, will be speaking on behalf of STARRS a non-profit organization for young girls.

STARRS stands for strength, talent, attitude, respect, resilience, and spirituality. This organization is to teach young girls that celebrities aren't as perfect as what the media makes them out to be.

"I love teaching people how to live a healthy lifestyle," Gerbstadt said. "Being healthy from a young age will only help someone stay healthy as they grow. And this program will be a great way for young girls to start to be healthy and realize that media can negatively effect young girls," Gerbstadt said.

The open house will be held at the Cranberry Township Municipal center. This will give the parents an opportunity to listen to what the program has to offer and for the girls to learn about living healthy.

STARRS is a newly established non-profit organization with a mission to create a world of confident and empowered women, one girl at a time.

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