



the HERO

A grass roots movement  
to create a community  
of confident and empowered  
females who are their own  
HERO.

Join us for our first 6-week course in the series, intended to help females become the best version of themselves!



focuses on growth and self-awareness.

Attendees will learn how to:

- Learn self-love
- Instill self-care
- Build confidence
- Create healthy habits
- Develop self-empowerment and love for others

**buildHER will take place Tuesdays, 6:30 pm – 8:00 pm in the HS cafe:**

**Nov. 6, 13, 20, 27, Dec. 4, 11.**

Females fifth grade and up are welcome (this includes moms, grandmas, community members)!  
Cost is \$40 and includes a t-shirt and journal.

**Registration and payment are due by October 22.** If students pay at the school office, cash only please. Payment can also be made through Facebook Messenger to Amy Proffitt.

**Limited program scholarships available - see the HERO Facebook page for details.**

**Questions?** Text Program Director, Amy Proffitt: (517) 980-4820 or  
email: youarethe1hero@gmail.com



### **About the Program Founder**

Amy Proffitt is a Michigan native, a resident of Brooklyn, happily married wife, mother, and a Napoleon parent. She has a bachelor's degree in psychology and has spent 20 years working in the healthcare field. Currently, she is the Director of Marketing and Media for an Ann Arbor organization. Most importantly, she has spent her adult life raising children...three girls and a boy.

As a young girl and only daughter, Amy's parents instilled in her the belief that she could accomplish anything. That mindset, along with the confidence to carry it out, has led Amy to many successes in her life, and has helped her to face the many challenges that have come her way. Amy has raised her children with the same belief system and feels that self-love and confidence are the greatest gifts and tools we can give people. This is a project of love. Amy has had this project on her heart for years and desires to make an impact by creating an accepting and supportive community of females who are confident and empowered.



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**REGISTRATION FORM**

(If multiple family members are attending, please fill one out for each member)

Attendee name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade (mark NA if adult): \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Best phone number to reach you: \_\_\_\_\_

Email: \_\_\_\_\_

Shirt size    Child: \_\_\_\_\_    Adult: \_\_\_\_\_

Payment: \_\_\_\_\_ Cash \_\_\_\_\_ FB Messenger \_\_\_\_\_ Applying for Scholarship

**Class rules:**

- \*Come ready to be involved and give 100%
- \*Bring an open mind and positive attitude
- \*We are all friends creating a community - treat each other accordingly
- \*There is a zero tolerance policy for inappropriate or derogatory language, behavior and/or bullying
- \*No phones will be allowed in the room - this is a time for dialogue and growth

**Parent(s):**

I allow my child \_\_\_\_\_ to participate in the HERo.

I agree to the above class rules. I allow pictures to be taken during the course and posted on social media to promote the course only. I allow my child to take part in a course video to be completed as part of graduation project.

Parent Name: \_\_\_\_\_

Parent signature: \_\_\_\_\_

Best number to reach you: \_\_\_\_\_

Please return this form with payment of \$40 to your Napoleon school office (unless a scholarship has been awarded) no later than October 22. Questions? Text Program Director, Amy Proffitt at:(517) 980-4820 or email: youarethe1hero@gmail.com.

Updates or news about the class can be found on the HERo Facebook page.