

How You Can Help:

Quality bras are expensive, and there are many women who are struggling financially—single mothers, low-income families, and women who have fled abusive relationships (we work with them every day). With your assistance we can provide this basic necessity at no cost to our deserving clients—your contribution will be used to provide women with the means to shop for and purchase bras that fit properly. Any help you are able to provide is greatly appreciated, and donations can be made via check, credit card, or PayPal.

Thank You!

We truly need and appreciate any assistance you can give. For more information about FCRC, the *Great Lift, Perfect Fit* program, or to donate today, please call our office.



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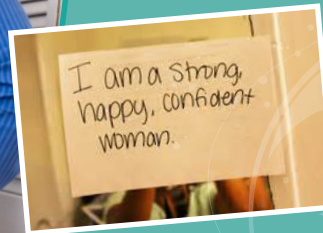
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Family & Community
RESOURCE CENTER
509 W.Washington Street
Bloomington, IL 61701



A Family Community Resource Center
Program
IN PARTNERSHIP WITH
Soma



Week 3 – Makeup

Ladies will put their best face forward and glean makeup tricks to enhance their best features and diminish the ones they feel are least attractive.

Week 4 – Self-Confidence

Women will learn to carry themselves with confidence and make difference in how people perceive them. We'll show everyone how to feel bold and beautiful!

Let's Talk... About Bras!

Did you know 80% of women are wearing a bra that doesn't fit properly? Breast pain, back pain, and marks on the skin from elastic bands and straps are all potential indicators of an ill-fitting bra.

And it's not just comfort that women sacrifice when their undergarments aren't sized correctly. Self-esteem can take a hit, too. A woman who feels good about her appearance is more likely to be happy, agreeable, and open to new ideas—and ultimately more pleasant to have around.

However, quality bras can be expensive—and difficult to size correctly. Many women can't afford a good, supportive bra. That's where we step in. The Family Community Resource Center, in partnership with Soma, is helping our female clients boost their self-esteem through our **Great Lift, Perfect Fit** program. This 4-week session will show women how to dress for success—but we need *your* help.

Giving Self Esteem a Boost...

Here's how the Great Lift, Perfect Fit program works. Each week is dedicated to a specific topic:

Week 1: Clothing

Women will get tips on appropriate workplace attire and accessories, and experience the ultimate lift: a complimentary bra fitting.

Week 2 – Nutrition

Participants will get the scoop on how a healthy diet can enhance their mental game, control weight, boost energy, and reduce the risk of certain diseases.

