

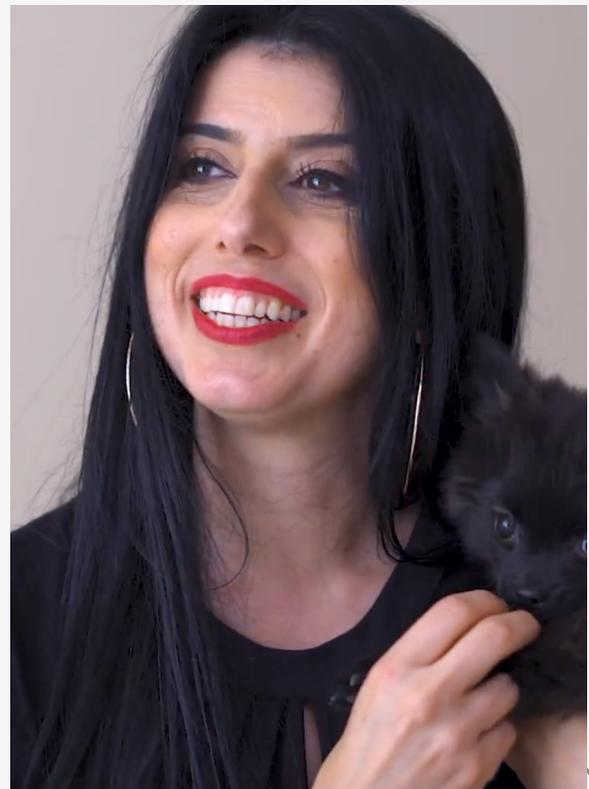
## NEWSLETTER

# #STRONG

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## THE INTRODUCTION

In our first episode of #STRONG, Maria introduces what the story behind the show really is and what inspired her to start this journey. She says "The story of #STRONG began when I lost my daughter". This helped open her eyes to how teenage girls truly feel and how strong yet vulnerable they can be. So her goal is to help support women of all age groups see what an impact we can make around the world by talking about our hopes, fears and worries.



## EPISODE 2

In episode 2 Maria really puts her heart on her sleeve and shows us who she is and her story. She tells us all about her day to day schedule and the obstacles and challenges she faces in life today. The episode "Meet Maria" helps show women that not everybody is perfect and that exposing your feelings can help others.



# MEET LAMA

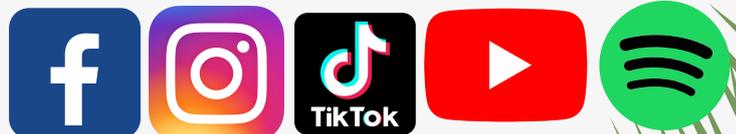
One of Maria's closest friends Lama joined her on #STRONG and told us about a bit about herself and her life. She tells us about how busy her life really is and what it is like to be a mother and a wife. She explains to us about how as a mother it's her job to fix and take care of things so when it comes to that one and a half hour weekly appointment at the spa she really takes advantage of it and just clears her mind of the stress and obstacles she had faced during the week.

## EPISODE 3

During episode 3 our guest was Aya (Maria's daughter). She explained to us what it's really like to be a teenage girl in the 21st century. Aya talks about the stereotypes teenagers face and the pressure parents put on them everyday, and tells us about the impact that the question "What do you want to be when you grow up?" really has on teens.



Stay tuned for our monthly newsletters and weekly episodes of #Strong where we connect women of all age groups by sharing love, hopes, fears and dreams with the aim of supporting women around the world!



*written by: Aya Chatila*

