

Margeau Stumphauzer was a remarkable 29 year old woman who had a joyful spirit and saw the best in everyone, but struggled to see it in herself. She passed away in the fall of 2011, after a long illness. Like many women, Margeau suffered from feelings of inadequacy. She was a talented and beautiful girl who never felt worthy enough, although she helped so many people in her life to feel good about their gifts. It was her dream to spare others from the demons she fought in her short life.



Margeau's Free to Be Project will keep that dream alive by helping women and girls to be "free to be" exactly who they are, and to realize that who they are is good enough. Margeau's Free to Be Project will host an annual Day of Healing for women and girls, featuring a nationally recognized speaker, several breakout sessions conducted by leading experts in the field of emotional, spiritual and physical health, and an opportunity to be in the company of other great women. We will build a website to serve as a resource for women and girls seeking support.

This Project got its start with donations received by Common Ground in memory of Margeau. Further funding will come from over 60 participants who will run in the May 20th Cleveland Marathon in support of the Free to Be Project. We hope that this will be the yearly activity to raise funds to host the annual Day of Healing.



Vision

Margeau's Free to Be Project is a resource that provides inspiration, empowerment and hope to women and girls.

Mission

Margeau's Free to Be Project supports women and girls by building a strong sense of identity, resulting in a greater acceptance of oneself and a healthy and balanced approach to life. The Project fosters authentic self-expression through creative activities and conversation. It nurtures relationships with other women and peers to promote positive self-esteem and counter feelings of self-doubt. The Project helps women and girls appreciate themselves and the gifts that they have to offer, and includes:

- Raising awareness of issues that arise out of feelings of inadequacy.
- Designing and delivering an annual Day of Healing that addresses the spiritual, physical and emotional needs of women and girls.
- Providing a website that will continue to connect women and girls by offering resources and inspiration, connection with other women and *help* for those in crisis.

Margeau's "Free to Be" Project

Call to Action - If you have ever had a day where you did not feel "good enough" this Project may speak to your heart. If you would like to get involved, here are some ways you can contribute:

- Participate in the May 20th Cleveland Marathon by walking or running the 5K, 10K, half or full marathon
- Sponsor a Marathon runner
- Volunteer to help at a watering station during the Marathon
- Assist with the development of our website
- Help to develop marketing materials for the Project and for the Day of Healing, to be held on October 20, 2012

Contact Gail Stumphauzer with questions or readiness to volunteer: GailStumphauzer@me.com

3008 Whispering Shores Drive – Vermilion, OH 44089 – 440.541.6387

- Volunteer during the Day of Healing
- **Become a friend of Margeau's Free to Be Project by logging on to our Facebook page**

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