



# CHRYSALIS FOUNDATION

## Yes, I want to share a “HerStory”!

A “HerStory” is a story about HER. It can be a story about any woman or girl. A story about her hopes, dreams or vision, the relationships in her life or her passions and interests. It can show how she is unique, or how she has persevered to reach a goal. A “HerStory” can tell the story of how a mentor, teacher, mother, sister or a friend has helped shape your life. It can be told by a man, woman, boy, girl or anyone who has a “story” about “HER” to share. It can be your own story! And you might have MANY “HerStories” that you might want to share.

**To Submit your HerStory, please complete the below information: (*please print*)**

\_\_\_\_\_  
*Your Name*

\_\_\_\_\_  
*Company or Organization*

\_\_\_\_\_  
*Address*

\_\_\_\_\_  
*City/State/Zip*

\_\_\_\_\_  
*E-Mail*

\_\_\_\_\_  
*Day Phone/Work Phone*

\_\_\_\_\_  
*Name of your HerStory Honoree*

Would you like us to send a note to your HerStory honoree? \_\_\_\_\_ Yes or \_\_\_\_\_ No

If “Yes”, please provide your honoree contact information:

\_\_\_\_\_  
*Honoree Name*

\_\_\_\_\_  
*Address*

\_\_\_\_\_  
*City/State/Zip*

\_\_\_\_\_  
*E-Mail (to send an e-card to your honoree)*

\_\_\_\_\_  
*Day Phone/Work Phone*

Would you like Chrysalis to include your HerStory on our website? \_\_\_\_\_ Yes or \_\_\_\_\_ No

**You may share your HerStory on the back of this form or send as a separate attachment. Thank you!**

**Please return form via email to: [lgarman@chrysalisfdn.org](mailto:lgarman@chrysalisfdn.org)**

or mail to the **CHRYSALIS FOUNDATION**, 300 East Locust Street, Suite 150, Des Moines, IA 50309.

You may also FAX it to (515) 255-2156.

**Questions?** Call Leslie Garman at (515) 255-1853 or Email at [lgarman@chrysalisfdn.org](mailto:lgarman@chrysalisfdn.org)

*Chrysalis reserves the right to edit submissions for grammar, spelling or language.  
Please allow a minimum of 10 days for the posting of your HerStory.*