



DOMINICAN HOUR

AUGUST 27, 2025

Dominican Hour, held weekly in our Upper School, guides our young ladies as they develop a deeper understanding of how to live the Dominican Pillars of Study, Prayer, Community and Service in their daily lives.

As a part of Dominican Hour, we have an ongoing speaker series to help focus on the Pillars of Study and Community.

On August 27, Blair Mize, Registered Dietitian and Owner of Memphis Nutrition Group, will join us to deliver an empowering presentation designed to help high school girls navigate today's overwhelming messages about food, health, and body image.

She will share evidence-based information, helping students build confidence in making choices that truly support their health and wellbeing, now and in the future.

The session will offer practical tools for developing a healthy relationship with food, building body confidence, and cultivating resilience against the pressures of diet and wellness culture.