



**SAINT DOMINIC ACADEMY**  
*Empowering Women for Leadership Since 1878*

**SATURDAY, November 11 ~ 9:00 a.m. – 12:00 noon**  
**Saint Dominic Academy ~ 2572 Kennedy Blvd., Jersey City, NJ**

**be a leader.**

**...in Mind, Body and Spirit**

Girls in grades 4-8 are invited to join us at SDA for day of empowerment.  
**Learn to be a leader, not a follower.**

**...Mind**

Working with successful SDA alumnae, you'll learn how to lead.

- Receive important organization skills and time management tips.
- Discover how to focus on your goals and dreams.

Working with SDA's LINK Crew (Junior and Senior trained Student Leaders) you'll participate in Team Building exercises that will promote leadership, listening and teamwork skills.

**...Body and Spirit**

Participants will concentrate on Physical and Mental Wellness.

- Learn how fitness and nutrition can improve mood, energy and academic achievement, therefore increasing leadership capabilities.

There will be a presentation on healthy eating, physical activity and stress management. We will end with yoga and meditation practice.

Students should wear comfortable clothing and bring a towel.

The \$12 fee will include a notebook and pen, a t-shirt and a light snack.

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 Please return this form to Andrea Apruzzese, Director of Admissions, Saint Dominic Academy  
 2572 Kennedy Boulevard, Jersey City, NJ 07304 – **No Later Than: Friday, November 3, 2017**

Student Name \_\_\_\_\_ \$12 Enclosed \_\_\_\_\_  
 School Attending \_\_\_\_\_ Grade \_\_\_\_\_  
 Parent Name/Signature \_\_\_\_\_  
 Student Address \_\_\_\_\_  
 Parent E-mail \_\_\_\_\_