



SAINT DOMINIC ACADEMY
Empowering Women for Leadership Since 1878

SATURDAY, November 17 ~ 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 a day of empowerment.
Learn to be a leader, not a follower.

...Mind

Working with a successful SDA alumna, 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 (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 an intro to yoga and meditation practice.

Please arrive by 8:45 a.m. as program will start promptly at 9:00 a.m. Pick-up is 12:00 noon sharp!

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.

.....
 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 2, 2018**

Student Name _____ \$12 Enclosed _____ T-Shirt Size _____
 School Attending _____ Grade _____
 Parent Name/Signature _____
 Student Address _____
 Parent E-mail _____