

# FUELED BY GRL PWR

Two pink lightning bolts with a checkered pattern, one on the left and one on the right, framing the text 'GRL PWR'.

An empowering camp for girls grades 7-12

#### CAMP WILL INCLUDE:

- Strength training and conditioning to help build mental & physical strength
- "Circle Up"- topics that effect girls today will be discussed each week
- Activities, Journaling & Vision Boards
- Some Topics/ themes that will be discussed & focused on are:  
Motivation vs/ Commitment, Challenges as opportunities not barriers, Confidence in being capable, Finding your "why", Self - care & healthy habits, Routine building in your daily lives
- Mindful minutes/ meditation

Tuesdays 6:30-8:30 pm

Session One: June 14, 21, 28

Session Two: July 26, August 2, August 9

Cost per session: \$50.00 includes journal & vision board supplies

CALL TODAY TO REGISTER or FOR MORE INFORMATION:

#440-546-0123

Or email [hayley@creativemovementcenter.com](mailto:hayley@creativemovementcenter.com)