

MPower Summer Camp – Aug 19 – 23, 2019

Through the week the students will explore the mpower programs:

- Inner Ninja – martial arts, mindfulness, self-regulation, meditation – Michelle Tremblay
- Rockstar – singing, dancing, and acting – Lisa Anderson
- Abstract Art – art, self-expression, mindfulness and play - Patricia Morris
- Kids Yoga – movement, breathing, partner work and relaxation – Michelle Tremblay
- Age group – Grade 1 – 5
- Minimum Requirement – 15 students
- Program Capacity – 30 students

Where: Minnekhada Middle School – 1390 Laurier Ave – Port Coquitlam

When: Monday, Aug 19 – 23, 2019

Time: 9am – 3pm

Cost: \$170.00 per child

***Please bring lunch and snack**

Register go to: www.sd43.bc/school/minnekhada - click on community programs

Any questions or concerns: Please email info@mpowerlives.com or call 778.228.2005

This summer program is offered by Mpower Lives Company in partnership with School District No. 43 (Coquitlam School) . independent of summer school learning.

