



Shine On



Join staff and volunteers for a special girls empowerment conference at W-K on Saturday, February 23!

Date: Saturday, February 23, 2019

Time: 8:00 am—12:00 pm

Where: W-K Elementary (365 Mankato Ave)

Who's Invited: ALL 3rd and 4th grade girls from Jefferson and W-K

This offering is FREE!

All girls will have the opportunity to participate in **Mindfulness** activities, **Vision Board** making, **Bracelet** Crafting, **Yoga**, and a **Dance Party!** All activities facilitated by WAPS staff. Opening activities and welcome facilitated by Erica Thibodeaux, LPC. *

**Erica is a W-K parent as well as a meditation teacher. Erica works with children and adults through her private therapy practice and in community-based meditation classes at the Manitou Center in Winona, MN.*