



LEMONADE KIDS

Creating confident, resilient and happy girls aged 6-16 years

Standing Strong® Girls Workshops

Sunday 23 August (6 to 10 years)

Sunday 30 August (11 to 16 years)

10am - 3pm | \$89 per child

Kruger Hall, 25-37 Ann Street, Kallangur

STRONG Body (Movement)

STRONG Mind (Mindset)

STRONG Heart (Mindfulness)

Activities & Topics:

Exercise Cardio | Dance | Yoga | Breathing | Meditation

Self Care | Self Expression | Friendship Changes

For full information or to register
www.lemonadekids.com.au

 **STANDING STRONG®**

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