

# **Manalapan Parks and Recreation presents: Girl Power!**

**A Girl's Confidence, Self-Awareness and Mental Fitness Program**



**Girls who believe in themselves are happier, healthier,  
and more successful.**

**That belief is what has inspired Dina Falletta, Life Coach,  
and Donna Mezzina, Yoga Instructor,  
to create a program that will benefit the girls of Manalapan.**

- This program strives to teach girls that happiness comes from within.
- Participants will learn the importance of honoring their uniqueness/ individuality.
- Instructors will teach the importance of mindfulness, gratitude, and how they can help ease the symptoms of self-doubt and worry.
- Participants will learn to listen to their intuition and make sure their inner voice is sending them positive messages.
- Girls will be introduced to deep breathing, meditation, and essential oils as methods to reduce stress and prevent the feeling of being overwhelmed.
- Girls will begin to gain skills/ tools needed to become confident young women.

Participants will need a mat/blanket/pillow to sit on.

Open to resident females in the 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grade.

Fee is \$75 per registrant for 6 week program.



Wednesdays beginning April 11th

6:15-7:15 at the Manalapan Recreation Center Kuschick Pavilion

This program requires a minimum of 5/maximum of 15 participants.

Register with credit card online at

<HTTPS://REGISTER.COMMUNITYPASS.NET/MANALAPAN>

**OR** mail registration to: 120 Route 522, Manalapan

**OR** register in person at the Manalapan Recreation office, 93 Freehold Road

**All fees are non-refundable.**

**For more information go to <WWW.MTNI.ORG> or call 732-446-8355**

**Recreation keeps you fit for life!**