

6th Annual Youth Leadership Conference

Sponsored by Sisters of Nia, Inc. & Sierra Health Foundation



“Get Your Mind, Body, & Soul Right”

FREE EVENT!

Open to Boys & Girls ages 11 – 14

Saturday, March 17 * 9:00 am - 3:00 pm

Location: Heritage Peak Charter School (3307 Broadway in Sacramento)

**Free Breakfast & Lunch Included
Great Entertainment by Local Youth**

**Motivational Workshops
Gift Card Raffles**

Workshops Include:

- “The Power of Affirmations”** Using affirmations can change your life, learn how.
- “What’s Your Problem?”** Conflict management and self-check attitude tips
- “Reach Higher”** Goal setting & planning
- “The Real You”** Who are you? Be comfortable expressing the real you.

Register Online @ www.sistersofnia.org