

# A New Way Summer Program

An innovative Approach to Summer Learning

Powered by Vitality Village, Inc.

A 501(c)(3) non profit



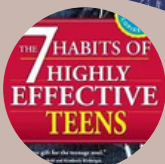
"Small habits,  
repeated daily, lead  
to extraordinary  
results."

– Founder, Shundrika Williams

Empowering young adults to make healthy life choices  
that ultimately result in a more abundant life by teaching  
them how to incorporate the 7 Habits of Highly Effective  
Teens into their daily routine.

## 9 Week Program

Monday - Friday  
8:00 am - 3:00 pm



Curriculum  
grounded in the  
7 Habits of  
Highly Effective  
Teens



Programs  
centered around  
critical thinking  
mental and  
physical health  
and nutrition



Equipping youth  
with mindfulness  
tools for  
resilience and  
confidence

1. Daily meditation , physical activity  
and healthy meals & snacks
2. SMART goal setting & vision boards
3. Weekly outdoor activities to  
connect with nature
4. Cultivating essential life skills,  
including conflict resolution and  
stress management
5. Fostering a supportive community  
environment for personal growth  
and leadership development

# 20

Spaces available

Ages 14-16



## Program Overview

May 27: Summer Program Kick-Off  
June 3: 7 Habits Curriculum Begins  
July 17: Student Showcase & Graduation



[www.VitalityVillageInc.com](http://www.VitalityVillageInc.com)