



# MENTAL EDGE



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## PARENT EMPOWERMENT SEMINAR

Date: **December 2, 2008**  
Time: 7:00 pm  
Location: Velocity Sports Performance, Champlin  
Cost: **FREE!**

### Welcome Parents!

Please join us for an information-packed session introducing our **Mental Edge** philosophies and strategies for teaching and mentoring life skills both in and out of sports. Receive real-life tips and examples to help you understand how to express interest and involvement in the activities of your children, allowing you to more effectively influence positive development.

**To register please call or email:**

**763-439-5246 Dawn@MentalEdgeNow.com**

*"The best 60 minutes I've spent thinking about my kids in the last month!"*

~Parent

*"I came here tonight thinking I didn't need this. It's one of the best things that could have happened to me! I'm changing some of my coaching ways."*

~Hockey Coach

**Please feel free to invite every parent you know that will benefit from experiencing this seminar!**

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