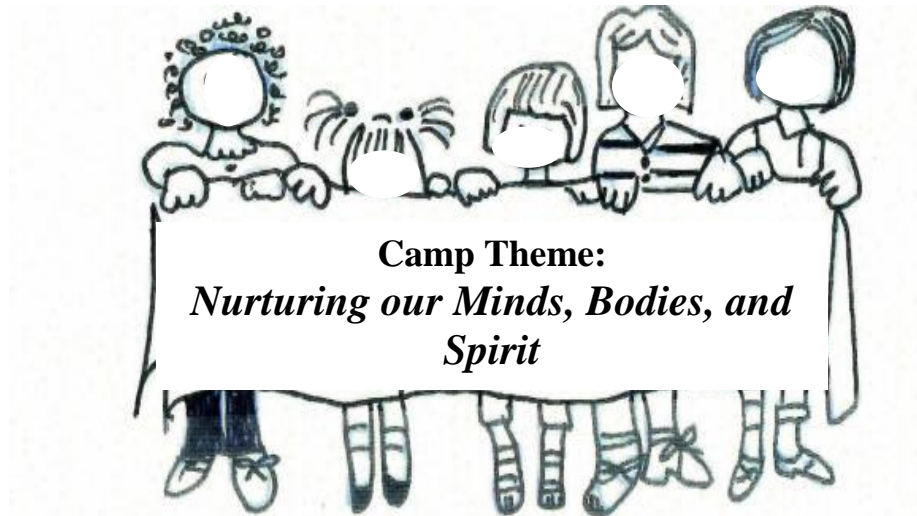


Muslim Girls Overnight Youth Camp

Friday, March 12 to Saturday March 13, 2010



Dartmouth Masjid
42 Leaman Drive

This camp has been designed to demonstrate the central role that Islam plays in leading a balanced lifestyle. Activities have been planned which will nurture the *Mind, Body, and Spirit*. InshaAllah we hope that participants will come away with an understanding of how Islam touches on each of these 3 aspects of our life and is important in achieving balance.

Some activities will include:

Mind: Islamic games and activities to exercise our minds

Body: Session with trained fitness instructor Sr. Paige Aziz

Spirit: Importance of Islam to help keep balance in all aspects of our daily lives.

- ❖ This event is for Muslim girls aged 12 to 16 only.
- ❖ Deadline for registration is **Wednesday, March 9, 2010**,
- ❖ \$20/ person. This is to cover all meals and supplies.
- ❖ Camp **begins** on Friday, March 12, 2010 at **7:00 pm**.
- ❖ Camp **ends** on Saturday, March 13, 2010 at **8:30 pm**.

For details contact Sr. Asna Syed: #457-7575 or asna.syed@gmail.com

Registration forms available at www.islamnovascotia.ca/camp.php