



## ONLINE FAMILY FESTIVAL 18<sup>TH</sup> JULY

Join Positively Empowered Kids on Saturday, July 18<sup>th</sup> for an all-day FREE Family Festival live on facebook, to uplift and inspire families!

We have a 'Camping' theme, inviting families to put up a tent in your garden or build a den in your home for that 'Festival' Feel.

Through fun and interactive entertainment from our network of experts, we will be releasing those 'feel good' chemicals in the brain to enhance our wellbeing and happiness levels (and even our immunity!).

A taster of what we have in store .....

Zumba, Drumming, Sports Challenges, Singing & Dancing, Street Dance, Storytime and other fun activities!

There is a wealth of entertainment during the day, including some Nottingham based entertainers: Zumba with Charm, Helping Kids Achieve, Beat Feet, Empower Education, Positive Pants & Little Legs.

LIKE our facebook page @PEKfamilies and join us at 9:15am as we launch the day!

Look out for our launch of our 'Family Empowerment Hub' at this event, where you can register for free workshops and activities for your family!

Positively Empowered Kids is an award winning 'not for profit business' run by two Nottingham Mum's with a passion for empowering the next generation to grow healthy thriving minds and fulfil their potential.

Our mission to boost the wellbeing and happiness of families during and post COVID19, which has seen families experiencing trauma, loss, fear and uncertainty, impacting their mental health.

We have a growing nationwide network of over 300 wellbeing experts for families, schools and organisations to explore and tap into. By bringing the wellbeing community together, families are able to discover and connect with experts more easily, and find ways to empower their family to deal with adversity effectively, and through building their 'toolkit' of strategies, it will inevitably mean less chance of experiencing mental health problems in the future.

Check out our website (new site launching mid-July) [www.positivelyempoweredkids.co.uk](http://www.positivelyempoweredkids.co.uk)

Facebook @PEKfamilies Instagram & YouTube Positively Empowered Kids Twitter@EmPowerKid2020

Do get in touch via email [positivelyempoweredkids@gmail.com](mailto:positivelyempoweredkids@gmail.com)

# ONLINE FAMILY FESTIVAL

Join our FREE festival to uplift and inspire your family to 'feel good' through fun activities and entertainment.

Set up your tent or build a den to get that festival feel!

ADVENTURE AWAITS!

# FREE!

Saturday,

18<sup>th</sup> July 2020  
all day from 9.30 am

SAVE THE DATE



[www.positivelyempoweredkids.co.uk](http://www.positivelyempoweredkids.co.uk)



pekfamilies