

**You're invited to celebrate
Kintore's birthday with dinner & discussion!**

Pursuing Anything Takes Work

Jennifer Sicilia will share her SEALFIT 20X Experience in San Diego where she underwent 15+ hours of camp run by ex Navy Seals.

Fri., Oct. 18, 2019

Dinner starts @ 6 pm sharp (\$15). The talk starts @ 6:45 pm (no cost).



In Jennifer's own words:

As a working mom of two boys, I enjoy working with the people I am surrounded by every day. While life is hectic, I am very fortunate to have a wonderful circle of family and friends that encourage, support and challenge me.

My actual SEALFIT experience made me realize that we all have far more potential physically and mentally in our everyday life and we typically are the ones that stop ourselves from achieving the things we want most.

Open to young women in post-secondary

RSVP by Oct. 11 | Email karina@kintorecollege.ca



Kintore College
Student Residence & Cultural Centre
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Spiritual Activities at Kintore College are entrusted to Opus Dei, a Personal Prelature of the Catholic Church.

Kintore College 

@kintorecollegeresidence 