

MARCH 27TH
6:30 PM- 7:30 PM

"FAMILY WELLNESS NITE"



Join **fellow parents & friends** from our neighborhood schools at a **Special WELLNESS Workshop** hosted at **MS 67**. Families are invited to come visit various stations for **20 minutes** and enjoy a variety of wellness activities.

- ❖ Energizing Zumba Room
- ❖ Easy, Healthy, Quick Weeknite Meals
- ❖ Stretch together @ Parent & Child Yoga
- ❖ Basketball, Fitness Challenges & Relay Races

Infuse wellness and fun fitness activities into your family as we enter the Springtime season on **Weds, March 27th @ 6:30 pm**. Parents must accompany and **actively participate** with their school-age children from schools PS 221, PS 94, PS 98 and our host MS 67.

Kindly let us know if plan on attending so we can plan accordingly by RSVPing to your school's Parent Coordinator.

---Return tear-off by March 22nd to Mrs. Kirchofer, Mrs. Govier, Mrs. Katehis, Mrs. Cho---

Child's Name _____ Class _____

Parent Name _____

Contact Email _____

Learn Ways to Instil
Wellness in Your Home

Have Fun Getting Fit
Together

Chefs will share Healthy
Weeknite Meals

Event will be at:

Louis Pasteur MS 67~
51-60 Marathon Parkway
718-423-8138
in Gymnasium