

NUTRITION AND FITNESS WORKSHOP!



March 5, 2018

Please join us on **March 17th** from 10:00AM to 12:00PM for our Nutrition and Fitness Saturday workshop.

Families may sign up for two workshops. Workshops will be 45 minutes in length with a short break in between from 10:45-11:00am. Workshop choices will be:

- 1) Healthy cooking
- 2) Yoga with Damia (BYOM-bring your own mat and/or towel)
- 3) Art with Julie

Please send this form back to Brenda Canarte in the office by Friday, March 9th in order to secure your spot.

We hope to see you there!

Student Name _____

of family members attending: _____

Workshop choices are 1) _____ and

2) _____

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