

# “FAMILY WELLNESS NITE”

## MARCH 27TH

### 6:30 PM- 7:45 PM.

### DOORS OPEN 6:15 PM.



Join fellow families & 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
- ❖ Basketball, Fitness Challenges & Relay Races
- ❖ Stretch together @ Parent & Child Yoga
- ❖ Easy, Healthy, Quick Weeknite Meals

Infuse wellness and fun fitness activities into your family as we enter the Springtime season on **Weds, March 27<sup>th</sup> @ 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 you plan on attending so we can plan accordingly by RSVP'ing to your school's Parent Coordinator, Georgia Katehis.

-----Return tear-off by **March 15<sup>th</sup>**, to Parent Coordinator Ms. Katehis-----

**Yes, I will attend Family Wellness Nite on March 27 (6:30pm. -7:30pm.)**

Child's Name \_\_\_\_\_ Class \_\_\_\_\_

Parent Name \_\_\_\_\_

Learn Ways to Instill  
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

For more information  
contact  
GKatehis2@schools.nyc.gov

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