

WELLNESS ROCKS!!

HEALTH & WELLNESS FAIR



Friday, March 29th

3:30 PM – 6:30PM



Shepherd Elementary
Atrium



FREE ACTIVITIES
FOR THE ENTIRE FAMILY!!

***Ask the Doctor: colon and heart health, diabetes information**

***Sleep hygiene and mental health information**

***Dental hygiene information**

***Healthy eating habits tips, diet and nutrition**

***Organ donation information**

***Yoga, kickboxing, fitness and karate demonstrations**

Kickboxing: 3:30, 4:30, 5:30 PM

Yoga: 4:00, 5:00, 6:00 PM

*** Kids Height & Weight Checks, Blood Pressure Checks**

***New and gently used exercise equipment exchange**



Warning: Please check with your physician before engaging in physical activity.

*Event brought to you by the Shepherd Elementary School Parent-Teacher Association
Join for free today!!*

Shepherd-elementary.org