



The BHSS School Council Presents...

# IT TAKES A VILLAGE WALKING THE WALK

A Wellness Event for Parents in Support of their Teens

Please join the Bill Hogarth Community at its Inaugural Wellness Event at the school.

## Tuesday April 17, 2018

Doors Open at 6:15pm

### Keynote Speaker

TOPIC: "It Takes a Village"

Your Teen and Stress by Dr. Ameeta Dudani

### Demonstrations

Power Your Mind - Yoga

Power Your Body - Smoothies and Healthy Snacks

Power Your Heart - Cardio Class

Protein Your Way - Energy on the Go

### Event Schedule

6:15 pm - Booths Open, BHSS Mingle

7:00 pm - Keynote Speaker

7:30-8:00 pm - Demos/Booths

8:15-8:45 pm - Demos/Booths

### Booths Featuring

Health Specialists including Naturopaths, Massage Therapists and Life Coaches,  
Nutrition and Fitness Experts, Yoga and Meditation Specialists

Please RSVP at: <https://bit.ly/2pxBB7D>



**FOOD AND  
REFRESHMENTS  
INCLUDED IN  
ATTENDANCE**

**FREE**  
Raffle Tickets to  
ALL Attendees

**Prizes Include:**  
Yoga passes,  
gift baskets,  
fitness classes  
& more