

# THE NIGHT OF YOU

Invest in your health. Invest in your happiness. Invest in you!



Come out and join the fun. Get active and learn from Health & Wellness expert Sonia Jhas.

Bring your family out to a night of engaging in well-being activities. Come prepared to get active. Be dressed in your active wear! (e.x. running shoes)

Examples of activities include: painting, yoga, baking, board games, colouring, dramatic play and many more.

6:30 - 7:15 Parent Session with Sonia Jhas  
Students engaged in Mindful Activities

7:15 - 8:00 Families participate in an interactive fitness session

## **THURSDAY, NOVEMBER 16TH**

**6:30- 8:00 PM**

MARKHAM GATEWAY P.S.



**Please register a spot for you and your family.  
Registration closes on Thursday, November 9th**

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<http://bit.do/nightofyouMGPS>