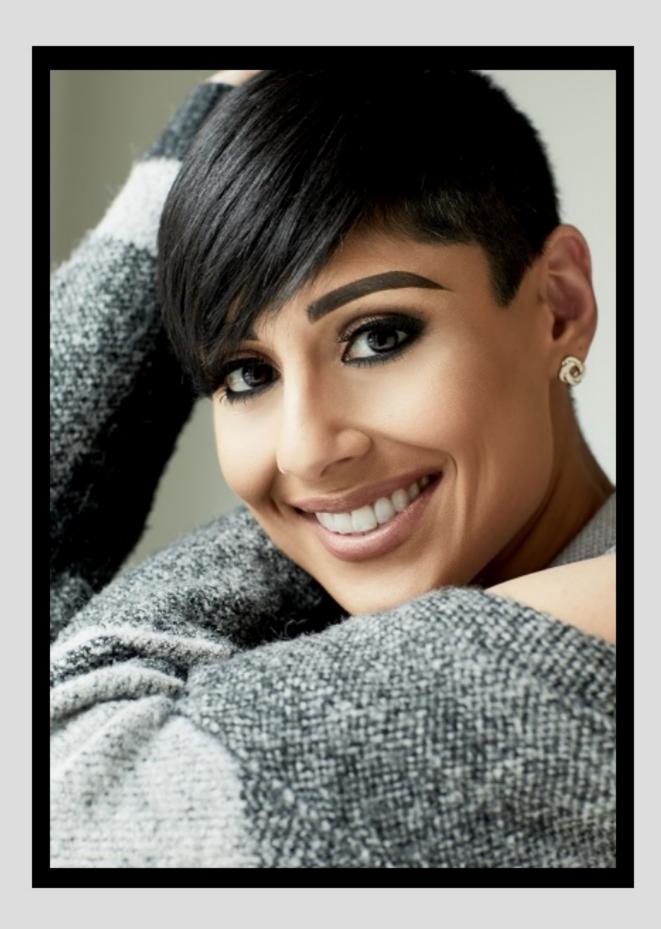
THF

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