

FAMILY FUN FITNESS NIGHT

WANT TO LEARN WAYS TO GET FIT? WANT TO EAT HEALTHY? WANT A NIGHT OF ACTIVITIES?

COME TO
FAMILY FUN FITNESS NIGHT

WHERE: THOMAS JEFFERSON ELEMENTARY

WHEN: OCTOBER 10, 2019

TIMES: 6:00 PM-7:30 PM

ACTIVITIES AVAILABLE:

DANCE REVOLUTION

QUICKSTART TENNIS

COOPERATIVE EXTENSION OFFICE

BLOOD PRESSURE SCREENING

LCHS GIRL'S BASKETBALL TEAM

RANDY HERMAN- FAMILY NUTRITION

HEALTH AND WELLNESS-LCHS

KATHERINE JOHNSON-HEALING HANDS MASSAGE FARM BUREAU

HEATHER NELSON-GYMNASTICS

LOUISA FUTBOL CLUB

BRAIN BLOCK PROJECTS WITH MR. RHODES

LCPR -INFORMATION BOOTH

LCMS CROSS COUNTRY TEAM

LCMS CHEERLEADERS

ENJOY OUR ROPES COURSE!

A HEALTHY AND NUTRIOUS DINNER WILL BE PROVIDED!!!

Please detach and send back to your child's homeroom teacher if you plan to attend:

Child's name: _____ Parent name: _____ Number attending: _____

PLEASE RETURN TO MRS. SIMPSON BY MONDAY, SEPTEMBER 20, 2019