

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: SEPTEMBER 20, 2018

TIMES: 6:00 PM-7:30 PM

ACTIVITIES AVAILABLE:

PTA

DANCE REVOLUTION

QUICKSTART TENNIS

COOPERATIVE EXTENSION OFFICE

BLOOD PRESSURE SCREENING

LCHS GIRL'S BASKETBALL TEAM

FARM BUREAU

HEALTH AND WELLNESS-LCHS

HEATHER NELSON-GYMNASTICS

LOUISA FUTBOL CLUB

BRAIN BLOCK PROJECTS WITH MR.

RHODES

LCPR -INFORMATION BOOTH

**KATHERINE JOHNSON-HEALING
HANDS MASSAGE**

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 FRIDAY AUGUST 31, 2018