



OLG Catholic School Council Presents

## Family Fitness & Wellness Night

**Monday, May 6, 2019**

**6:15-8:15 pm at OLG**

**You're invited to an evening of fun and healthy learning at OLG**

- Take in a Zumba session
- Swing a tennis racket
- Try some healthy snacks made by 'You're the Chef' students
- Be numerically active (Numeracy in Action)
- Check out the various booths along the halls
- Try speed stacking
- Pray the rosary
- Please dress appropriately and bring your refillable water bottle to stay hydrated
- Check out our 2 for 1 Scholastic Book Fair
- Take home a swag bag



**With support from York Region  
Public Health**

Registration Form – Please detach and return to school office by Monday, May 6<sup>th</sup>

\_\_\_\_ We would like to attend the Family Wellness & Mindfulness Night

\_\_\_\_ Parent(s)      \_\_\_\_ Student(s)

Name of Student(s) \_\_\_\_\_