

SPONSORED BY THE  
PARENT ACADEMY  
& OUR P.T.O.

We invite our East Dover families to come and participate in our **FAMILY FITNESS NIGHT**. Join us as we improve our health habits.

**February 12, 2019**  
**5 p.m. - 7 p.m.**  
**East Dover Elementary**  
**\$5 PER FAMILY**



Health and Wellness Activities:

Warmup and Fitness Stations in the GYM throughout the evening

Nutritionist - Talks about Eating Well in the New Year

Fitness Recipes- Pete Brattan

Kids Yoga

RWJ Barnabas - Blood Pressure Screening

ZUMBA celebration to END the EVENING!!!!

Earn a Fitness Passport to receive a drink bottle as a prize at the end of the evening



Please return the bottom portion to school as soon as possible. Due to the space, we will limit our participants to the first 225. **Return form by February 8th.** The cost will be \$5 per family, cash or checks accepted. (A portion of the proceeds will be donated to the American Heart Association) (Checks payable to East Dover P.T.O.) If you have any questions, contact [kcassidy@trschoools.com](mailto:kcassidy@trschoools.com)

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**\*\*\*All students must be accompanied with their parent/guardian and hereby consent to his/her participation in the events and activities. ALL GUESTS MUST WEAR COMFORTABLE CLOTHING, SNEAKERS, AND ASSUME ALL POSSIBLE RISKS WITH PARTICIPATING IN THE ACTIVITIES.**

**We would like to attend Family Fitness Night      February 12, 2019      5p.m. - 7p.m.**

Name of East Dover student \_\_\_\_\_ Room # \_\_\_\_\_

Name of East Dover student \_\_\_\_\_ Room # \_\_\_\_\_

Name of parent/guardian who will be attending \_\_\_\_\_

Total number of people attending \_\_\_\_\_ Contact email \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_