

# Family Wellness Night

Centennial Senior Public School - 50 Ladore Drive, Brampton, Ontario

Thursday May 17th, 2018 @ 6:30 - 8:00 pm

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To the families of Centennial Senior, Morton Way, Copeland, Ridgeview and McHugh...

We invite you to join us for an evening of workshops and activities to promote personal wellness. There will be a variety of sessions running for 20 minutes each. We will also have information booths from local agencies as well as giveaways and door prizes. We hope you can make it to this fun and informative evening!



Some of the Workshop / Activity Topics Include:

- Making Healthy Snacks with a Holistic Nutritionist
- Mental Health and Supporting Healthy Minds
- Family Fitness Activities and Games
- Essential Oils Tutorial with doTERRA
- Yoga
- Fitness Activities with Thrivekids.ca
- Mindfulness Session
- YMCA Information Booth
- Sugar Beverage display and activity
- Fuzion Gym Booth

