



Save the Date



Mark your calendars for
FOREST RIDGE'S
Wellness event....
FIT2Order's
FIT Family Event!

When: October 18, 2018

Time: 6 - 8 pm

Highlighted Stations To Include:

- Kid Friendly Boot Camp
- Martial Arts
- Zumba
- Yoga
- Dance Party Finale
- Parent Nutrition Workshop
- Wellness Tables

A PARENT OR GUARDIAN MUST ACCOMPANY CHILDREN TO THE EVENT.

REGISTRATION is from October 1-17. To register, you may complete the paper registration form and turn it in at school **OR** register online using the hyperlink that will be provided in the Time-to-Register email. If using the online registration form, please also include all **ADDITIONAL REGISTRANTS** attending.

For more information, please contact Ms. Janice Goodwin at

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