

Save the Date



Mark your calendars for a **FREE**
FAMILY FOREST RIDGE
Wellness event....

FIT2Order's

FIT Family Night!

When: November 3, 2016

Time: 6-8 pm

Highlighted Stations to Include:

- Kid Friendly Boot Camp
- Karate
- Zumba
- Yoga
- Dance Party Finale
- Parent Nutritional Workshop

**A PARENT OR GUARDIAN MUST ACCOMPANY
CHILDREN TO THE EVENT.**

REGISTRATION is from October 20th-November 2nd. To register for the event, go to www.fit2order.com, hover on wellness programs for drop down menu & select registration, click on FIT Family tab at the top, then scroll down to Forest Ridge register now. On registration form, please also click on ADD ADDITIONAL REGISTRANT to include all family members attending. For more information, please contact Ms. Janice Goodwin at

janice_goodwin@hcpss.org