



Forest Ridge Elementary School PTA



HEALTH & WELLNESS FAIR



Wednesday, January 31st 6:30 pm - 8:00 pm

- FREE FOOD!
- PRIZES
- GIVEAWAYS
- ACTIVITIES
- RESOURCES

Bring your family and engage in this opportunity to learn about living a healthy lifestyle!!!

- Flu & COVID Vaccines
- Health Screenings
- Healthy Food & Snack Recipes
- Mental Wellness
- Physical Fitness
- Expressive Therapy
- Community Resources
- Sensory friendly zone

