



FOREST RIDGE ELEMENTARY SCHOOL



Health & Wellness Fair

Free Childcare!

Free Food!

FRES Eagles Cheerleader Club will kick off the night!

Bring your family! Free Childcare & Movie in the Media Center!

Free Tables & Events:

- Chair Massages*
- Yoga Demonstration
- Creative Therapy Demonstration
- Healthy Food & Snack Recipes!

Featured Speakers:

- National Family Resiliency Center
- Office of Children & Families
- NAMI

*See the forerunner to sign up online for a chair massage. This event is first come, first serve.

➤ **Friday @6:30 PM, January 27TH, 2023** ◀

AN EVENT SPONSORED BY THE PARENT TEACHER ASSOCIATION (PTA)

MORE DETAILS TO FOLLOW IN WEEKLY FORERUNNER

Know someone willing to speak about mental, physical, or financial well being? Contact PratimaLele@gmail.com