

The Lowellville Wellness Club and
Lowellville Community Educational Series present:
FAMILY WELLNESS NIGHT
2023

FOR: All Lowellville K-12 Students and their Families

WHEN: March 20, 2023

WHERE: Meet in the School Cafetorium

TIME: 6:00-8:00pm

WHY: To emphasize the importance of health and wellness...and to have some FUN! Our Health Fair will be returning this year. There will be several vendors along with games, prizes and give-aways!

Schedule allows for families to participate in 3 activities. Please choose from the following:

1. Family Beach Ball Volleyball
2. Family Fitness
3. Yoga
4. Singing Sound Bowls/Meditation
5. Stress Management/Laughter Therapy
6. Dance
7. Art Therapy

Choice #'s: _____

IMPORTANT: *Please wear comfortable clothing and tennis shoes because you will be participating. All participants MUST sign a waiver of liability. Arrive between 5:45 and 6:00 for check-in and warm-up.*

ALL FORMS WITH CHOICES AND SIGNED PARTICIPANT WAIVER NEED TO BE TURNED IN BY MARCH 6, 2023 TO THE STUDENT'S HOMEROOM TEACHER. (SEE BACK FOR WAIVER)

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****Please bring a yoga mat or towel for yoga or mindfulness sessions!**

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