

Winter Wellness Night

at Fraser High School

Garfield Side thru Auditorium Doors

Friday, February 20th

Elementary Students + Parents 5 pm-6:45 pm

High School/Middle School Students 7 pm- 8:45 pm

Activities :

Cookies and Hot Cocoa

Therapy Dogs

Self Care Activities

Calming Room

Massage Therapy

Face Painting

Exercise -Pound Class

Restorative Practices

Magician

Community Partners attending:

CARE of Southeast Michigan

Family Youth Intervention

All Things Possible Wellness Center

Irene's School of Massage

Flourishing Lives

A Night of FREE Fun!

Sponsored By: Be Nice

