

Health and Wellness Fair

Date: Saturday, March 25, 2023

Location: Private School Gymnasium

Time: 10:00 AM - 4:00 PM

Program Schedule

- **10:00 AM - 11:00 AM:** Opening Ceremony
- **11:15 AM - 12:00 PM:** Keynote Speaker: "The Importance of Health in Education"
- **12:15 PM - 1:00 PM:** Health Workshops:
 - Nutrition Basics
 - Mental Health Awareness
- **1:00 PM - 2:00 PM:** Lunch and Networking
- **2:00 PM - 3:00 PM:** Fitness Demonstrations:
 - Yoga for All Ages
 - Zumba Fun!
- **3:15 PM - 4:00 PM:** Panel Discussion: "Building a Healthy Future for Our Students"

We Look Forward to Seeing You!

For more information, please contact the school office.