



# Family Wellness Night



Please visit, explore and win prizes! HEB and our Community Partners are here to share activities and knowledge to promote family wellness! It's all connected! Let start with an act of kindness and bring a ***non-perishable food item*** for the ***Food Bank***.

- S.W.A.T. is hosting Taste Tests, and providing healthy recipes in the Home Ec. Room
- Our gym will be filled with exercise opportunities and demonstrations from the Alberta Lacrosse Association
  - Visit the music room for Yoga, as well as Mindfulness sessions
  - Skip over to the stage, to experience Zumba for Kids, and Skipping
- Explore your artistic side: painting in the computer lab and pottery in the pottery room.
  - Tour the shop with Ms. Shyry and shop at the Book Fair in the library

## **Learn about local resources, and improve your wellness.**

~ Apple Schools ~ AB. Mental Health: A to Zzz's ~  
Change Committee: Color Run ~ Duclos/HEB Fundraising  
~ Dragonfly ~ Friendship Centre ~ Lakeland Yellow Jackets ~  
Meet Maizi, the wellness dog ~ Public Library

# Thurs. March 21, 6-9 p.m.

