

Healthy Me, Healthy You

Calling all girls in 5th and 6th grade! Come and be healthy and active with your friends while we stretch, do some yoga, take walks and runs around the track, and do fun exercises! Limited space available. Wear appropriate workout clothes and sneakers and join Mrs. Stern and Mrs. Lehman outside at 2:30. **Parent pickup is at 3:30, or you will go to after care.** If interested in joining, please return the bottom part of this sheet by Friday, September 22nd.

September 28

October 12, 26

November 9, 30

December 14

January 11, 25

Spring schedule TBA in
January

Take care,

Mrs. Lehman

Mrs. Stern

"Yes! I am interested in joining Healthy Me, Healthy You."

Student name: _____ Grade _____

How will your child be getting home? _____

Parent signature: _____

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