

Healthy Me, Healthy You



Calling all middle school girls! Come and be healthy and active with your friends while we stretch, do some yoga, take walks and runs around the track and Kuser Park, and do fun indoor exercises!

Wear appropriate workout clothes and sneakers and join Mrs. Stern every Thursday after school. Girls are to be picked up promptly at 3:30, or they will go directly to after care where they will be charged. If interested in joining, please return the bottom part of this sheet by Friday, September 21st.

The first meeting will be Thursday, September 27th.

Take care,

Mrs. Stern

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

Student name: _____ Grade _____

How will your child be getting home? _____

Parent signature: _____