

**Family Event**

**Save The Date**

**May 12, 2017**

**6:00pm to 7:00pm**

**Miner School Gym**

**Sweatshop Entertainment**

**FITNESS MADE FUN FOR  
KIDS OF ALL AGES**

**PRESENTED BY THE SWEATSHOP & TOTAL WELLNESS, OUR PROGRAM IS A COMPLETELY ENGAGING, ENERGETIC, FUN FITNESS EXPERIENCE, TEACHING OUR KIDS ESSENTIAL LIFE SKILLS, INCLUDING:**

- THE IMPORTANCE OF EXERCISE.
- LEARNING TO RESPECT YOUR BODY.
- HOW EXERCISE CAN BE REALLY FUN.
- BASIC NUTRITIONAL AND HEALTHY HABIT CONCEPTS.
- IMPROVING SELF ESTEEM.
- MOTIVATION, ENCOURAGEMENT, INSPIRATION.