

# HEALTHY FAMILIES NIGHT

Thursday, January 25th 5:30 - 7:30 PM

This FREE **Healthy Families Night** presents families with simple solutions regarding health and wellness. Experts in healthy habits, personal connections and screen time will host discussions and provide resources for parents of elementary aged children.

## WORKSHOPS 6:00 - 7:30 PM

Join us for FREE parenting workshops, schedule as follows:

Workshop	Hosted By	Time	Location
A discussion on Screen Time and how to address it with your kids (focus is grades 3-6)	East End CHC	6-6:40pm	Library
How to talk so kids will listen, and how to listen so kids will talk (focus is grades JK-2)	East End CHC	6:50-7:30pm	Library
Healthy Kids Every Day - how food, physical activity & sleep can affect behaviour and stress levels for kids	Dr. Jen Parsons, ND	6-6:40pm	Conference Room
Healthy Kids Every Day - repeat presentation	Dr. Jen Parsons, ND	6:50-7:30pm	Conference Room

## DANCE 6:00 - 6:45 PM & YOGA 6:50 - 7:30 PM, GYM

While the parents are exercising their minds, the kids will be exercising their bodies – starting with a dance party and exercises (hosted by the amazing and talented Ms. Mummery); ending with some stretching and yoga with a qualified instructor. Of course parents are more than welcome to join in at any time.

\*\*All are welcome, but please note that in order for your **school aged** child to attend the activities, a parent/guardian must be present at the workshop.\*\*

## DINNER 5:30 - 5:55 PM, FOYER

The new Main Street Beach Hill Smokehouse will provide a delicious meal of Smoked Chicken & Baked Beans at a discounted rate of \$5.25 per child, and \$7.25 per adult.  
**CASH ONLY.**

The **Kimberley Snack Team** will hand out fresh cut veggies, fruit, kale salad & buns and the Grinder will provide coffee & tea for free.



To ensure a successful event we are asking that you **RSVP, please complete one per family and return by Monday, January 22nd, 2018**

Circle **YES** to all that apply

YES I will be purchasing dinner at this event, \_\_\_\_\_ adults & \_\_\_\_\_ kids

YES I will be attending the free workshops, \_\_\_\_\_ adults

YES My children will be attending the gym activities, \_\_\_\_\_ kids (must be school aged)

YES I require childcare for my non-school aged child, \_\_\_\_\_ kids (must be 18 months and over, \$5 fee per child)

YES I am able to volunteer for the the SET-UP and/or CLEAN-UP of this event, please contact me at:

\_\_\_\_\_ (email address)