

Door Prize First
100 Students!

Family Fun Fitness and Health Expo

"Something for Everyone's Health"

Highlights:

- Blood Pressure Screening
- Healthy Snack Preparation
- Activities for Parents
- Kids Corner
- Information Booths of local resources

Feature booths:

- Fitness First-discount membership
- Diet to Go
- Reston Runner
- Whole Foods
- Minute Clinic and more.....

Activities include:

- Yoga
- Jason Yi's Tae Kwon Do
- Zumba
- Fitness Training
- Partner Pacer and Insanity Workout

Thursday, February 16, 2012
6:00 p.m. - 8:00 p.m.
Langston Hughes Middle School



Be Prepared to participate!

This event is sponsored by the PE Department of Langston Hughes Middle School. Please contact your child's gym teacher for more information.