

Lowell Elementary

Family Fitness and Nutrition Night

Explore your options at this **FREE** Family Night

Thursday May 1, 6:00-8:00pm at Lowell Elementary

We have recruited experts, businesses and organizations in our local community to answer health and fitness questions and create a fun family evening. Admission is **FREE**. There will be door prizes and healthy snacks to sample.

Fitness

- Come toss the ball with the high school football and track teams.
- Learn about **FREE** activities available this summer such as local hikes and park activities.
- Ever wonder how fun Taekwondo could be? We have an expert demonstrating moves!
- There are so many more fun activities so come ready to play!



Nutrition and Health

- Sit for a relaxing chair massage or check your blood pressure
- A nutrition expert will teach on cheap and simple meal ideas
 - Taste some of the yummy breakfast items available at school each morning
 - Sample healthy snacks and meals and take home new recipes



Don't miss this opportunity to start the summer right!

Questions? Contact Craig Langley clangley@everettsd.org or Mary Rowland rowland@everettsd.org. Lowell— 425.385.5300