

Deerfield Active Schools and the Health and Wellness Committee to hold Family Healthy Food and Fitness Night



Do you love to play with your kids? Do you love to eat dinner together with your family? Do you love getting exercise? Well, if you answered yes to the three previous questions, mark your calendars for **Friday, May 11th, from 6:00 - 7:30**, and plan to spend an event-filled evening at the Deerfield Elementary School.

The Active Schools Program along with the Deerfield Health and Wellness Committee is sponsoring their annual Family Healthy Food and Fitness Night for kids in K-6th grade and parents. Families can come and enjoy a healthy meal for free! Dinner will include a healthy cookout.

In addition, everyone has the opportunity to choose from the following classes and/or activities.

- Pound!: Sweat, Sculpt, & ROCK with POUND, the fastest growing group fitness phenomenon inspired by the sweat-dripping, infectious, energizing fun of drumming! POUND is a full body cardio jam session championed by fitness rebels around the world.
- Yoga/Mindfulness
- Blaze the Trail on Bike: Families will have the opportunity to ride bikes as a family on the Glacial Drumlin Trail. Please plan on bringing your own bike and helmets for this activity.
- Deerfield's Walking Amazing Race: Families will have the opportunity to compete in a Deerfield Trivia Amazing Race which includes walking around our great town!
- Open Gym: Families can spend some time in our gym shooting hoops, playing badminton, floor hockey, volleyball, etc.

Families MUST register for this event IN ADVANCE
(by Tuesday, May 8th). Participation numbers for classes &
activities are LIMITED.

**Please visit the Elementary tab on the
district website to register**