

LIVE WELL IN HF-L

FAMILY FUN NIGHT



**Monday, February 8, 2010
6:00 p.m. - 8:30 p.m.
High School**

***Got cabin fever? Need to get out and get active?
Join us for an evening of fun for ALL ages!***

Join your family, friends, neighbors, HF-L staff and students at the HF-L High School for Family Fun Night, which kicks off Wellness Week (February 8-12). We'll celebrate "Living Well in HF-L" with plenty of events and activities for the whole family.

Family Fun Night Activities include:

- Inflatable "rides" — for High School students too!
- "Jump Rope for Heart" American Heart Association Fundraiser
- Pool and Wellness Center — Open and free of charge (*on-site registration required*)
- Circus Yoga for Kids and Adults
- Chiropractor and Massage services
- Healthy snacks
- Local vendors to help you learn more about healthy living habits
- Euchre tournament for High School students
- Blood Pressure screening and a Fingerprinting station

STUDENTS: Monday, February 8, 2010 will also be NO HOMEWORK NIGHT!

*A free shuttle will provide transportation between the Manor School and High School during Family Fun Night. Guests may park at the High School or park at the Manor School and take the shuttle.
For more information, contact Brian Donohue at (585) 624-7070*