

Mowat's Wellness Night!

Date: Thursday, February 7, 2019
Time: 6:30 pm - 8:30 pm
Address: 5400 Lawrence Ave. East



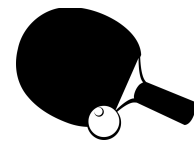
Sign up: Mowat.ca - Click on the Wellness Night link to use the Google Form to sign up.

Please join us with your family to enjoy an evening of unwinding together.

A professional from "In the Mix" will lead our Yoga and Hip Hop sessions!

Activities include:

- Yoga
- Hip Hop
- Karaoke
- .Painting
- Puzzles
- Making slime
- Board games
- Colouring
- Music and open mic
- Dodgeball and other low organized games
- Crochet a dishcloth
- Cooking together
- Pot a plant



Please bring money and your appetite to treat yourself at our **WE Club bake sale!!!**



Questions: jennifer.busato@tdsb.on.ca