

PC FAMILY WELLNESS NIGHT



PRAIRIE CENTRAL UPPER ELEMENTARY

**TUESDAY MARCH 6th
6:00-7:30 PM**

Dear PCUE Parents,

On March 6th from 6:00-7:30 PM, Prairie Central Upper Elementary will host its annual PC Family Wellness Night. All of our PCUE students and their families are invited to attend.

During this informative, fun-filled evening, PCUE students and their families will attend a variety of sessions focused on helping them understand the importance of diet, exercise, and healthy living. Students will learn fun ways to incorporate exercise into their day, and the benefits that physical activity can have in their lives. Students will also experience the interactive Polar Go Fit equipment and will see first-hand how exercise affects their heart rate.

Students and families will also have an opportunity to learn valuable information about nutrition, such as how to make a healthy after-school snack, how to make healthier choices, and will even have a chance to sample deliciously healthy smoothies! These are a small sample of the great sessions that will be available to students and their families at the PC Family Wellness Night.

Participating students will all be entered into a drawing to win several great prizes!!!

Please wear comfortable clothing as some sessions will involve physical activity and movement