



The Healthy Bodies Healthy Minds Committee Presents
2018 HEALTH FAIR

Wednesday, March 21, 2018

6:30 p.m. to 8:40 p.m.

Nishuane Elementary School

FITNESS WORKSHOPS

Capoeira
CrossFit
Running

SOCIAL/EMOTIONAL WELL-BEING WORKSHOPS

Yoga
Mindfulness

*With a break in between
for healthy food tasting!*



Food will be Served!



- » Admission to the event and the workshops are free!
- » A family event for kids and adults to participate in together!
- » Volunteer and donation opportunities to be posted soon.

Questions or concerns?

Please contact Justin Taylor at: justin.h.taylor@gmail.com
or Allison Silverstein at: agoldstein119@hotmail.com

For more information, visit: tinyurl.com/nishhealthfair2018