

Monday, January 21st 5:30 - 7:30 PM, Kimberley & BAS Councils Present:

# HEALTHY FAMILIES NIGHT

This FREE **Healthy Families Night** presents families with simple solutions regarding health and wellness. Experts in healthy habits and parenting will host discussions and provide resources for parents of elementary aged children.

WORKSHOPS 6:00 - 7:30 PM

Workshop	Hosted By	Time	Location
A discussion on how to set & hold boundaries with your kids (slight focus on JK-2)	Joanne Gallagher, East End CHC	6-6:40pm	Library
A discussion on how to set & hold boundaries with your kids (repeat presentation, slight focus on grades 3-6)	Joanne Gallagher, East End CHC	6:50-7:30pm	Library
Resilient and Healthy Kids - ideas to help manage your child's anxiety	Dr. Jen Parsons, ND	6-6:40pm	Conference Room
Resilient and Healthy Kids - repeat presentation	Dr. Jen Parsons, ND	6:50-7:30pm	Conference Room

DESANTOS 6:00 - 6:40 PM, DANCE 6:50-7:30 & TWO YOGA SESSIONS  
(6:50-7:10; 7:10-7:30; SIGN-UP REQUIRED)



While the parents are exercising their minds, the kids will be exercising their bodies – starting with Martial Arts presented by DeSantos;

afterwards kids can either choose to stay in the gym for a dance party, or they may participate in a yoga class down the hall in room 105. Children will be escorted by volunteers from the gym to their yoga sessions.

\*\*All are welcome, but please note that in order for your **school aged** child to attend the activities, a parent/guardian must be present at the workshop.\*\*

DINNER 5:30 - 5:55 PM, FOYER: EAT LIKE THE KIDS AT HOT LUNCH - PREPARED BY THE LUNCH MOM



Menu: TriColour rotini, meatballs/tomato sauce, cheesy garlic bread & salad (vegetarian option: Falafel balls). **\$5/person**

Free refreshments will be available throughout the event, including delicious coffee from **Might & Main**, as well as veggies & fruit prepared by the **Snack Team**. No drinks will be available for purchase, please bring your own water bottles!



**RSVP** (not required, but it really helps us if you do), **one per family**. Circle **YES** to all that apply

**YES** I will be attending the free workshops, \_\_\_\_\_ adults

**YES** My children will be attending the gym activities, \_\_\_\_\_ kids (must be school aged)

**YES** I require childcare for my non-school aged child, \_\_\_\_\_ kids (must be 18 months and over, \$5 fee per child)

**YES** I will be purchasing dinner at this event, \_\_\_\_\_ adults & \_\_\_\_\_ kids.

**SKIP THE LINE AND PRE-PAY FOR YOUR DINNER AND/OR BABYSITTING ON MUNCHALUNCH**  
<https://munchalunch.com/schools/kimberleyjrps/> (tickets will be sent home with your child)

**YES** my child would like to participate in the YOGA session. In order for your child to participate, you must pre-register. Please provide us with your email address if you are interested and we will send a follow up confirmation.

Your email address: \_\_\_\_\_