



2018 Family Fitness Fest

Presented by Evergreen Park School District 124



This FREE event promotes healthy choices in the areas of nutrition, exercise, sports, and more!

When

6-8 p.m. on Friday, March 16
(5:30 p.m. check-in for special needs families)

Where

Central Middle School
9400 S. Sawyer Ave.

Featuring

- Zumba
- Fire Safety
- Taekwondo
- Dodgeball
- Yoga
- Healthy Snacks
- E.P Library
- Dance
- CPR Instruction
- Basketball

Raffle Prizes Include:

- Four tickets to a Chicago White Sox baseball game
- Two tickets to a Northwestern football game
- Tickets to a Chicago Wolves hockey game
- Gift baskets from all 5 District schools and the District Office
- A variety of gift cards to businesses in the community

MORE ACTIVITIES & PRIZES TO BE REVEALED AT THE EVENT