



Wellness Wonderland

The SGI Wellness Committee is sponsoring a free wellness event on **Wednesday, January 9th**, from **5:30 pm-7:30 pm**, at the Middle School. (If school is cancelled, the snow date is **January 11th**).

This event is open to all district families!

Please join us for this fun evening which includes informational booths and activities from local presenters including:

- ❖ Fitness Clubs
- ❖ Dance Studios
- ❖ Yoga & Zumba Studios
- ❖ Smoothie Station
- ❖ Healthy Snack Stations
- ❖ Local Health Care Agencies
- ❖ Health Education Activities

All who attend this event will be entered in a raffle drawing. Winner will be drawn at the conclusion of event.

The Wellness Committee wishes everyone a happy and healthy New Year!