



You're invited to the

FAMILY WELLNESS NIGHT AT JOHNSON TOWNSHIP COMMUNITY CENTRE

FREE

BRING THE FAMILY

ALL AGES

ENJOY YOGA

ALL AGES & ALL ABILITIES
LEARN SIMPLE MOVES TO
IMPROVE THE FLEXIBILITY &
STRENGTHEN THE MIND

PLAY WITH DANCE

NO EXPERIENCE REQUIRED
FOR ALL AGES AND ABILITIES
LEARN PHYSICAL LITERACY
THROUGH MUSIC

HEALTHY KIDS COMMUNITY CHALLENGE IS GIVING AWAY ONE YOGA MAT
PER FAMILY!

COME JOIN OUR COMMUNITY AND LEARN WAYS YOU CAN ALL GET
MENTALLY & PHYSICALLY FIT!

WEAR YOUR COMFY CLOTHES & RUNNING SHOES

LIGHT SNACKS WILL BE PROVIDED



HEALTHY KIDS
COMMUNITY CHALLENGE
NORTH CHANNEL

APRIL 5, 2018
6:00 PM-8:00 PM

Township of Johnson
1 Johnson Drive / PO Box 160
Desbarats, Ontario P0R 1E0

FOR MORE INFORMATION CALL (705) 782-6601 ext 1-205
EMAIL patrick.ogorman@johnsontownship.ca