

Welborne Avenue P.S. School Council 2017/18 presents:

Wellness at Welborne

A series of evenings for families to learn
and experience together.

Because healthy students make healthy learners.



*8 sessions for parents and kids to learn
ways to improve their physical activity, healthy eating
and mental health!*

Zumba! Hosted by the YMCA Kingston
Friday, November 3rd from 6-7pm.

Packing a Healthy Lunch Together. Hosted by KFL&A
Thursday, November 23rd from 6-7pm.

Mindful Kids. Hosted by Michelle Breede
Wednesday, December 6th from 6-8pm.

MindPop Program/Time Management.
Hosted by Angie Clark
Thursday, January 25 from 6-8pm

Free Admission. Please join us!
All events held at Welborne Ave. P.S.

Additional event information at:
http://welborne.limestone.on.ca/School_Council/

Poster design: Megan Eaton

