

*The PS 196Q
Parents Association Invites You to
The 1st Annual*



WELLNESS FAIR!

SATURDAY, OCTOBER 18TH, 11AM-3PM



*Hosted in the
PS196 back school yard
(and in case of rain, indoors)*

**Please come and share in this
fun & educational afternoon to help our families learn
more about how to live a healthier life, and why
it's so important.**

Free mini-classes and demonstrations taught
by trainers of the Forest Hills community's fitness facilities

Information and activities sponsored by partners such as
TITLE Boxing, Lucille Roberts, Bamboomoves Yoga,
Soccer Friends USA and many more!

A selection of healthy foods available for purchase
(and some free tastings, too!)

**Enter a raffle for a
chance to win great prizes like a free week of
summer camp at the Forest Hills Tennis Club (\$645 value)!**

*Any questions or if you'd like to volunteer, please contact:
ps196patreasurer@gmail.com*

**BRING THE
WHOLE
FAMILY!**

**HOPE TO SEE
YOU THERE!**

