

PARENT-CHILD PARTICIPATION SERIES

MOVEMENT TO PROMOTE WELLNESS: PARENT PARTICIPATION FOR 3RD & 4TH GRADERS

Free!

Explore the mental, physical and behavioral benefits of moving with your kids!

FOR THIRD & FOURTH
GRADERS AND
THEIR PARENT(S)



This class is in
ENGLISH

Questions? Email scyouthcoalition@gmail.com

2 SESSIONS
MUST COMMIT
TO BOTH CLASSES

AUGUST 24 & 31, 2021
3:30 TO 4:30 PM
HARLOE ELEMENTARY
901 FAIR OAKS AVE., ARROYO GRANDE

Parents and their kids (3rd & 4th graders) will participate in fun, positive and updated active play with Cali Kids Fitness owner Brittney Jones. The mental, physical and behavioral benefits of parents moving their body with their kids will be explored. Parents will receive easy hands-on strategies for movement activities they can use in their home with their family.

Space is limited. Snacks provided. Child care for siblings may be available upon request.

Enroll today free of charge!

<https://parent-participation-movement-3-4-grade.eventbrite.com>

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