

# WEST END PTA

invites you to:

## **FAMILY FITNESS NIGHT**

Thursday, January 29, 2009

7:00-8:00

MRS. HORTON, West End's Nurse, will share some "Healthy Living Tips."

Mr. Hill, West End's Physical Education Teacher, will lead everyone in exercise.

A representative from the American Heart Association will tell us about the

"Jump Rope for Heart-A-Thon."

This is a great way for your family to kick off a healthy and fit new year, so get out your sneakers and come join the fun at Family Fitness Night.



Everyone is welcome!

