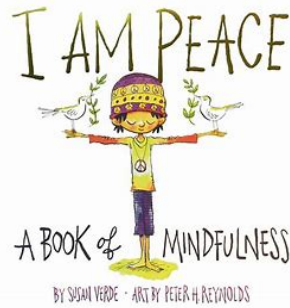


You are invited to join East Salisbury for a...

# Wellness Reading and Math Family Night



*Join us for a virtual night of exercising our minds and bodies. Participants will receive strategies and resources on how Math + Reading = a healthy body and mind. Dinner and take home materials will be provided to those that register by November 19th.*

**When:** Thursday, December 2<sup>nd</sup> from 5:30-7:00pm

Dinner and material pick up 4:00 - 5:00pm

**Where:** Anywhere you can access the internet for Zoom

*Families will participate in the following activities:*

<p><i>Mr. Dorman will share fun ways to work out as a family while using math</i></p>	<p><i>Mrs. Drescher will share ideas to promote mindfulness through literature.</i></p>	<p><i>Mrs. Morris, P.E. teacher in the county and yoga instructor, will lead a yoga session.</i></p>	<p><i>Ms. Matava of the University of Maryland Extension office, will share nutrition tips and the My Plate serving suggestions.</i></p>

*Click on the link to register or scan the QR code.*

<https://tinyurl.com/East-WellnessReadingMathNight>



*We hope you can join us for a night of fun and healthy activities!!!*