

“JUST FOR THE HEALTH OF IT” Wellness Expo 2017 advertisement

MARK YOUR CALENDARS! Please plan to come - and bring your families! - and join us for the NRSD "Just For The Health Of It" Wellness Expo on Wednesday, May 17th from 2:30-7 pm at Nashoba Regional High School. Demonstrations and exhibits by experts on a wide variety of health and wellness topics will be on site that evening. We will have presenters teaching yoga, Zumba, jump roping and other fitness activities that families can enjoy together. We will have demonstrations of Hands-only CPR, AED use and choking relief by our NRHS EMT cadets. Local nurses, fire, police and EMS personnel will be exhibiting car seat, home medication, fire safety and sun safety programs. We will have exhibits and many interactive activities on nutrition, diabetes, disaster planning, tick-borne illness avoidance, substance abuse prevention, mental health resources, head injury prevention and mindfulness, just to name a few. A FREE family pasta supper, sponsored by the NRSD School Nutrition Department, will be provided, so you won't have to plan dinner that evening! Please contact Donna Linstrom, district Health and Wellness Coordinator, for additional information: dlinstrom@nrsd.net. Event hosted by the NRSD School Health Advisory Committee.