



Your Alemany Parent Association Presents...

Family Health & Fitness Night

Weds. Dec 3rd @ 7pm

Alemany Hall

*Learn about healthy living choices for all
ages!*

*Mr. Neumann will have a presentation on healthy
eating options!*

Low impact full body exercise session

Healthy recipe sample tasting

***Providence health screenings and student hospital
volunteer opportunities***



This is an **FUN** event for the entire family!

Bring a mat or towel!!