

NORTHPORT-EAST NORTHPORT SCHOOL DISTRICT

2010 Family Health & Fitness Day

SAVE THE DATE!

**Saturday, February 27, 2010
11 a.m. – 2 p.m.**

Northport High School

FREE

Healthy Food & Beverages

Activities for Adults, Teens and Children*

Enjoy Self Defense, Rock Climbing, Zumba,
Dance Dance Revolution – and much more!

Discover how to get and stay healthy

Meet Nutritionists, Chiropractor, Yoga
and other Health Professionals

Games, Crafts, Story Time, Seminars

More activities are being added daily.

FREE Raffles

All are welcome at this FREE event!

Complete listing and schedule of all activities will be available on the NENSD website:

<http://northport.k12.ny.us/>

*Children under 12 years of age must be accompanied by an adult



Sponsored by
The Physical Education & Health Departments, the Wellness Committee and the Community Drug and Alcohol Task Force