



Family Wellness Night

THURSDAY, MAY 7

6:00 p.m. to 8:00 p.m.

**Join us in the auditorium.
Wear comfortable clothing.**

**Louis L. Redding Middle School
201 New Street, Middletown, DE**

Our Wellness Night was created with health, fitness, families and fun in mind. We'll be demonstrating ideas for teens and the entire family to get and stay active this summer, teach young people how to put together a healthy snack, and provide expert advice and peer programs designed to help kids navigate the pressures of teen drinking, drugs and smoking. Sample the fun and enter to win a Nintendo Wii Console and Wii Fit games. No registration necessary. See you there!

Fitness Stations Include:

- Yoga
- Fitness-gram testing
- Weight training (in our new fitness room)
- Exercises with balls and bands
- Body mass index (BMI) testing
- Modern line dances – electric slide, cha cha shuffle and cupid shuffle
- How to make nutritious snacks

Guest Presenters Include:

- Appoquinimink Chapter of SADD (Students Against Destructive Decisions)
- Family Consumer Science from Appoquinimink High
- TATU (Teens Against Tobacco Use) from Middletown High
- Middletown Softball Team



Special Parent Presentation: 6:00-6:30 p.m.

The Delaware State Police will lead an information session addressing the issue of underage drinking and it's impact on the health and welfare of our youth as well as the role of adults in preventing underage drinking. Special emphasis will be placed on "social hosting" or house parties & the responsibilities of the host, homeowner, landlord or other accountable individual(s).

FOR MORE INFORMATION CALL 378-5030



Appoquinimink School District
THE WORLD IS OUR CAMPUS