

COMPLETELY FREE EVENT—FREE RAFFLES



**Amesbury Public Schools Wellness Committee
Presents:**

The 3rd Annual Commit To Be Fit...

...in Mind and Body with Physical Activity, Nutrition, and Mindfulness

- CrossFit Amesbury / Zumba with Jessica Regis
- Children's Yoga with Marie Zappala Stewart / Heron Pond Farm
- Mindfulness with Alison MacEachern LMHC
- Solo Swim Team
- Pro Care Physical Therapy / Newman Chiropractic / Web Wellness Muscular Therapy
- Amesbury Public Schools Food Services: Eat Smart to Play Hard
- Pound Pro with Kristin Piracini from RISE Fitness Studio
- Bernadette Day Spa Youth Program by Bernadette Flanagan
- Amesbury Youth Recreation Summer Activities / Boys and Girls Club
- Health Matters Amesbury
- YOGASMITH

Thursday, March 28, 2019

6:00 p.m. - 7:30 p.m.

Amesbury Middle School Gym

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