

Engaging Teens

To Eat Healthy and Stay Fit



FOR MIDDLE AND HIGH
SCHOOL TEACHERS,
STUDENTS, WELLNESS
COORDINATORS, PARENTS
AND COMMUNITY GROUPS
PROMOTING SCHOOL
WELLNESS

Free Workshop: Working with Students To Improve Nutrition and Fitness

Tuesday January 13th 2008 3:45pm-8:00pm
555 Northgate Drive, San Rafael CA 94903

Project HEART from Jefferson Union School District in San Mateo will present a School Wellness Toolkit based on their successful 3 year program to engage students in Wellness efforts. Learn activities and lessons you can easily incorporate into your existing school events, lessons and projects:

Register by Dec. 12th and you will receive the free Tool Kit including a lesson plans CD and DVD! Dinner included!

REGISTRATION

Email ATTN: Liv Lauchenauer, llauchenauer@co.marin.ca.us or fax: (415) 473-4392

Name: _____ Title: _____

School/Agency: _____

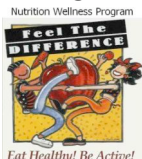
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For questions: Call Rhonica Douglas-Bland, Youth Leadership Institute 415-455-1676 x 255

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