

# Family Fun Fitness Night

a FREE Student and Parent Workshop



**Join us for a night of music and movement! Families will engage in a variety of physical activities including cardio drumming, yoga, and therapy putty exercises. Each family will receive an exercise ball, a yoga mat, colorful exercise cards, and therapy putty to take with them.**

**A one-night workshop for kids with diverse abilities from all local school divisions and their parents/guardians.**

Presented by: PREP ABC Consultants and Adapted P.E. Teachers



Date: **Thursday, April 18th 5:30PM - 7:00PM**



Location: **Tye River Elementary School**  
5198 Thomas Nelson Hwy, Arrington, VA 22922

Registration: <https://forms.gle/jHMyLu2n2e8uEVih7>



For further information, contact Stephanie Hicks- PREP Parent Resource Center Coordinator  
434-975-9400, option 1; [shicks@k12albemarle.org](mailto:shicks@k12albemarle.org)

**Space is limited so register early!**