



Healthy

Sponsored by
Fort Frye Local Schools Wellness Team



Fort Frye Local Schools encourages healthy choices so students may abstain from risky behaviors! This summer, our Wellness Team is proud to offer the following **FREE** programming to our students. These programs promote overall well-being! Please join us for some positive, summer fun! If your organization is willing to sponsor a free wellness activity, please contact Linda Hart @ 740-984-2497.

Run/ Walk Club*

Tuesdays and Fridays starting June 2 thru July

3:00 p.m. - 4:00 p.m.

Tuesday at FFHS & Friday at Buell Island in front of playground

Grades: entering 6th grade and up

Yoga Class by Full Circle Yoga*

June 13, June 20, July 11

12:00 noon - 1:00pm

@ Lowell Elementary Gym

Grades: K-6th

Self Defense Class by Red Dragon Arts & Fitness*

Saturdays in July

10:00 a.m. - 11:00am

@ Beverly-Center Elementary Gym

Ages: 8-17 years old

Nutritional Cooking Class*

June 6 Fear Factor

@ Salem-Liberty Elementary

11:00 a.m. – 12:00 noon

July 11 @ FFHS

11:00 a.m.- 12:00 noon

Pound Class*

June 6

@ Salem-Liberty

10:30-11:00 a.m.

June 20

@ Beverly-Center Elementary

11:00 a.m. -12:00 noon

July 6, 13

@ Lowell Elementary

12:00 noon – 1:00 p.m.

** A release form will need to be signed by a parent or guardian before participation.*