



You are invited

Heart Healthy Dance Party

At your child's center during their outside time:

King Center - Jan 31

Darden Center - Feb 1

Edelman Center - Feb 2

Join us to dance your way to a healthy heart!

We will be giving out nutrition information, exercise tips, and ways to de-stress.

We look forward to see you there!!!!

For more information contact your child's Center or Family Education Advocate.

Can't join us? That's ok!

Your family can still participate in the **HEART HEALTHY CHALLENGE.**

Check out details on our ACHR LIFE Facebook Page--→

