

Gulf Shore Home & School Family Fun Night

Got the Winter Blues?

Come out and enjoy a Family Fun Night to brighten your spirits!

A **healthy mind and body** is something we often overlook, but it affects every area of our lives. Come experience an evening of Yoga Movement & Music, Fitness and Music for the soul in a rotating session event.

When: Friday February 1st from 6pm to 7:30pm

Where: Gulf Shore Consolidated School.

Why: Setting a good example, taking care of your **mind and body** with **healthy** choices for diet, exercise, and a positive outlook can improve your overall **health**.

Reminders for the evening

- Everyone is welcome! You are never too small or too old to have fun and try new things.
- Remember your indoor sneakers
- If you have a yoga mat - bring it!
- Stay Hydrated - bring a water bottle



FEED
~ YOUR ~
Soul
Heart
MIND
Body