



**FALL INTO FITNESS**  
**THURSDAY, OCTOBER 29**  
**4-6 PM**

 The purpose of the *Fall into Fitness* event is to present health messages in a fun, festival-like atmosphere for all Buckalew families. Come explore multiple teacher-hosted stations for hands-on learning about fitness and healthy foods. After visiting all the stations, enjoy a picnic dinner with your Buckalew friends.

 Too busy to make a picnic dinner? *Thyme Savor*, a Buckalew Community Partner, will deliver your pre-ordered meal to the event. Be on the look-out for a menu/order form in early October.

*Please feel free to contact Lisa Barker with any questions.*

281-298-0933

*ahealthyhand@hotmail.com*