



TECUMSEH PUBLIC SCHOOLS PRESENTS: "BUILDING A HEALTHY FUTURE" SERIES

Part 6: "A Night of Fitness" at Tecumseh Middle School with Dinner and Daycare

March 22, 2010—6:00 to 7:30 p.m.

This is a FREE event!

**Must RSVP for dinner and daycare reservations.
Please call Patterson Elementary at 517-423-3331**

**Rachelle Sweet, Group Exercise and Outreach Coordinator from
The Fitness Connection will conduct an interactive exercise
night to help participants understand pilates and yoga. She is
planning on actually having all participants engaged in the
activities, so come dressed to exercise and be comfortable.**

Events Left to Attend in the 7 Part Series:

1. April 19, 2010 6:00—7:30 "Learning More Irlen
Method" @ SES with Dinner and Daycare*

*FREE program-no cost to public
Attend 5 of the 7 in the series and re-
ceive FREE Toledo Mud Hens tickets
for you and your family-courtesy of
ProMedica!

In partnership with:

- Tecumseh Public Schools
- ProMedica Health System
- Bixby Medical Center
- Herrick Medical Center
- Lenawee Intermediate School District
- Tecumseh High School
- Tecumseh Acres PTO
- Bear's Lair Playground/Wellness Committee



FREE EVENT

**R.S.V.P. to:
Patterson Elementary School
Tel: 517-423-3331**