



GREENE CO. SCHOOLS' FAMILIES Adapted Family Fun Fitness Night Thursday Sept. 23rdth, 6:00pm **SEAC MEETING AT 5:30 pm**

(registration by Sept. 15th is required)



Join us for a night of music and movement!

HELD AT:

RUCKERSVILLE E.S. GYMNASIUM

Children with all abilities and their parents/guardians are invited to engage in a variety of physical activities including cardio drumming, yoga and therapy putty exercises.

Drums Alive® is the original, research-based, sensory-rich, whole brain, whole body cardio drumming class. Each child will receive a fitness ball with drumming tubes, yoga mat, colorful yoga poses booklet and therapy putty to take home with them.



Presented by: PREP Parent Resource Center & Greene Co. Public Schools



Date: Thursday, Sept. 23rd, 2021 6:00PM - 7:30PM



Location: Ruckersville E.S. 105 Progress Place, Ruckersville, VA 22968

Click here to complete:

[Required Registration by September 15th:](https://forms.gle/rXwTHj5yu7W6hCsW8)
<https://forms.gle/rXwTHj5yu7W6hCsW8>



Questions: Contact Deborah Anama, PREP Parent Resource Center Coordinator
(434) 975-9400 or email danama@k12albemarle.org