



GET ON UP AND MOVE *a Thon*

A delicious blend of Latin-Afro-Caribbean, Bellydance, Hip-Hop, Cardio Kickboxing and West African workouts. No previous dance experience required.



SATURDAY APRIL 28, 2012
2:00 - 5:00pm

at

Charles H. Bullock School Gymnasium
55 Washington Street
Montclair

\$20 cash/check at the door

FREE Bellydance hip scarves to the first 25 people in the door!

FREE Blood Pressure and Body Mass screenings.
Chair massage available for \$1.00 per minute.
Raffle. Water and healthy snacks for sale.

For more information:

Call 973 - 687-6804 or email: montclairasset@yahoo.com

Sponsored by The Sister-to-Sister Mentoring Program

Plenty of free parking across from the school.

Joanne Aidala, Director

www.montclairhealthandwellness.org

Montclair Public Schools Health and Wellness Partnership

973-337-6853

COMMUNITY PARTNERS:

To be included in our Community Bulletins, please send details of your upcoming events no later than the 22nd day of each month to:

K.Straim@montclairhealthandwellness.org

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