

Dear Centennial Community,

This year we would like to invite you & your families to our second annual "Mind, Body & Soul" evening on Wednesday May 9<sup>th</sup> 6:30pm-8:30pm

We had a great turnout last year and are hoping even more families will join us on this interactive, fun activity night.

We will again be hosting family oriented activities including:

a game room, family yoga, St. John's Ambulance Therapy Dogs, Glazed Expressions, Design Challenges, Drum Circles, and the new Virtual Reality system on loan from the HHPL.

This is a free family oriented evening, so please bring the whole gang!

Centennial School Council

Please return the below form by Wed May 3<sup>rd</sup> to secure your spots & allow us to plan accurately for supplies.

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Family Name: \_\_\_\_\_

Student Name & Class: \_\_\_\_\_

Number of family members attending: \_\_\_\_\_

Please indicate the order of preference for the below activities: (each family will participate in 3)

Family Yoga: \_\_\_\_\_

Glazed Expressions (limited spaces): \_\_\_\_\_

Drum Circle/Therapy Dogs: \_\_\_\_\_

Board Games/ Therapy Dogs: \_\_\_\_\_

Design Challenge/Maker Space: \_\_\_\_\_