

*In Celebration of Catholic Education Week - Nurturing Hope*

St. Elizabeth Seton

# VIRTUAL FAMILY FIT NIGHT

**Don't underestimate the power of YOU as the role model to the journey of health.**

**Nurturing Hope through the health and wellness of our bodies** ❤️



**Let's connect with a family workout**

**WHEN: Wednesday May 5th, 2021**

**TIME: 7:00 - 7:45 pm**

**WHERE: [Click here for Google Meet Link](#) (please use your child's email to facilitate)**

No equipment needed. Just you, some water, a safe space to move, comfy clothes and an energy for movement.

Please come and join us for a 30 minute workout followed by a 3 minute meditation. Nothing more powerful than doing it together as a family and a community.