Wellness Fair

## For Parents/Caregivers of students from

## Market Lane, Lord Dufferin, Nelson Mandela Park, Rose Avenue, Sprucecourt & Winchester

## Wednesday, May 7, 2014

**Healthy Snacks**

**Door Prizes**

5:00 to 7:00 pm

**Location: Lord Dufferin Public School Auditorium**

350 Parliament Street (Parliament & Gerrard)

**Key Note Speaker:**

Aileen Eng will speak about balance in your family life

 **Choose Two Break Out Sessions To Attend:**

 1) Teen Health & Wellness (Jodi Tomlinson, CCAC)

 2) Yoga - Fitness

 3) Resiliency (Chris Leonard, Regent Park Community Health Centre)

1. Positive Discipline & How to Speak to Your Kids (Zeina Faddoul, TDSB)
2. Kindergarten School Readiness (Jasmina & Priscilla, Parents for Better Beginnings)

 **Please register for this event, by contacting**

 **your school’s Community Support Worker:**

Market Lane, Lord Dufferin, Nelson Mandela Park families please contact:

Jodi Burton at 416.573.9219 or jodi.burton@tdsb.on.ca

Rose Avenue, Sprucecourt, Winchester families please contact:

Michael Papathanasakis 416.832.3164 michael.papathanasakis@tdsb.on.ca

\*\*Child Care Provided (ages 3 and up) – with fun activities\*\*