

Woodlawn Middle School

410-887-1304

3033 St. Lukes Lane • Baltimore, Maryland 21207

Fax: 410-298-4352

March 3, 2017

Good Day Woodlawn Middle School Family,

Are you ready for part II of our Wellness Series? Taking care of our bodies is very important when it concerns our Mental Health. This month we will be focusing on Fitness. Not only does working out help our bodies look good, working out also impact how we FEEL. So dig out your exercise mat and come and join us for some Zumba, Resistance training, and a Yoga Session! NAMASTE

This event will take place on Wednesday March 22, 2017. From 6:00pm-8:00pm.

Please return the RSVP by March 17, 2017 or you can email your RSVP to

dharris8@bcps.org or abeeks@bcps.org

Donna Harris
Parent Service Coordinator
Woodlawn Middle School
Baltimore County Public Schools
410 887-1304
410 298-4352 fax #
Dharris8@bcps.org

Wellness Series Part II Fitness March 22, 2017 6:00-8:00pm

____ I will attend the workshop

____ Number Of Attendants

Students Name: _____

Parent's Name: _____