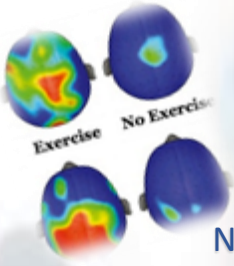


Stuyvesant High School

Invites you to our Wellness Event!

March 7, 2017 at 6pm



Dr. Wendy Suzuki, NYU Professor & Neuroscientist presenting:

Exercise and Its Effect on Brain Activity

NY Presbyterian's Professional Chef, Patrick Brice & Dietician presenting:

Brain-boosting Meal Choices and Snacks

Special guest, Wellness Coach & Fitness Model, Shannon Presarn
Enjoy healthy food & snack samples from our SchoolFoods Cafeteria Staff



Choice of one FREE 45-minute class:

Yoga with Wellness Counselor & Instructor, Kiley Holliday

or

Spin with Certified Instructor, Felicia Walker

or

Recreational Table Tennis with Stuyvesant's Championship team and staff

YOU MUST RSVP for this event by March 3rd. We have limited space in classes. They will be filled first come-first served. Fill out the google form to RSVP here:

<https://goo.gl/forms/7eYADIODvV12lgkV2>

or email Dina Ingram at RIngram3@schools.nyc.gov to make a reservation.

(Participants MUST sign waiver provided upon sign up)

Don't miss this fun, social opportunity to get fit, get to know other parents and learn from professionals! There will be FREE prizes and giveaways, water and light snacks. **For a full itinerary and bios of professionals, please visit: <http://bit.ly/2kQUHA>.** For questions and/or concerns, please email or call Dina Ingram, Parent Coordinator, at RIngram3@schools.nyc.gov or 212-312-4927.

Much appreciation for the support, planning and efforts of Dr. Anna Markova, Eric Contreras, Brian Moran, Dr. Bernard Feigenbaum, team members of the Boys & Girls Table Tennis team, and our sponsors: Whole Foods, Equinox, NY Presbyterian's Patrick Brice and other staff, SchoolFoods, Shannon Presarn, and Dr. Wendy Suzuki.