

FITNESS & NUTRITION Night at AVMS

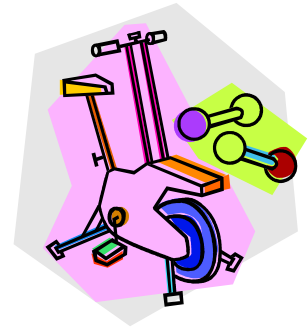
Thursday, May 21, 2009

6:30-8:00 PM - AVMS Multipurpose Room



Join us for this very special evening put together to highlight the opening of our new Aliso Viejo Middle School Fitness Center. You are not going to want to miss this event. We have lined up some great speakers for you!

- ★ **Raymond Hunter, AVMS PTSA President, educator, fitness enthusiast :** Introduction
- ★ **Diane Basurto, MS, Registered Dietician:** Poor eating habits, the obesity/diabetic epidemic in our schools and how they affect our children and families; results of observing lunchtime eating patterns at our local schools; helpful tips on how to eat healthier and save money preparing meals at home.
- ★ **Dr. Ann Corwin, PhD, psychologist:** General benefits of diet and fitness for our children.
- ★ **24 hour fitness representative:** Governor's Challenge and personal fitness for life.
- ★ **Danny Warner, AVMS PE Department Chair:** History and purpose of, and growing trend in, school fitness centers and the importance of parent mentorship.
- ★ **Anne Weber, Regional Ambassador for Governor's Council on Physical Fitness and Sports:** Details and rewards regarding Governor's Fitness Challenge program and details regarding Spotlight awards.



After the gathering there will be a question and answer session with speakers will be held. Attendees will also be able to preview the new fitness center before open house.

**This event is for ADULTS ONLY.
Healthy and tasty refreshments will be served**