

Dexter's

FUN, FOOD & FITNESS BLOCK PARTY!

The Dutch Neck PTA would like to invite you to a Friends and Family event dedicated to health.

Family fun run- Managed by Windsor Athletic Club.

\$5.00 per student (One family member can run for free with the registered Dutch Neck student).

Please note if you have 2 or more Dutch Neck students they need to be registered separately.

Last date for registration October 1st, 2019.

Register at <https://tinyurl.com/dexterfunrun2019>

Healthy food options - Enjoy fresh produce, vegan delights and raw juices and expand your child's palette to try new things!

Learn about Health, Exercise & Nutrition -

Try some new forms of exercise, learn about health and nutrition from local organizations.

When:

**October 12, 2019 (Rain date Oct 13th, 2019)
12pm - 3pm**

Where:

Dutch Neck School Grounds

Family Run details and registration link:

Kindergarten families: 50 yard dash

1st and 2nd Grade families : 1/4 mile run

3rd grade families: 1/2 mile run

Register at:

<https://tinyurl.com/dexterfunrun2019>

PARTICIPATING VENDORS:

HEALTH & FITNESS

- **Robert Wood Johnson Fitness & Wellness Center**
- **Windsor Athletic Club - Zumba & Kids conditioning**
- **Paragon Sports Spine & Wellness - Yoga & Bone health**
- **Liberty Martial Arts - Taekwondo**
- **Watershed Institute - All about water**
- **Wanglei International Fencing Club - Fencing**
- **Sockey**
- **Dandelion kitchen**
- **Plainsboro Dental Services - Dental health**
- **Mindfulness Art & Origami - Sarika & Prachi**
- **Wolverines Wrestling**

FOOD

- **Honey Brook Organic Farms**
- **Arlee's Raw Blends**
- **Nu-Ankh Vegan Catering**

Courtesy of our vendors there will be a silent auction to support the Dutch Neck PTA.

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