Health & wellness FAIR
FREE Greenbrook Elementary PTA sponsored event

Wednesday March 1st 2017 5:30-7:30p MPR

Take the Journey to Health Challenge!

Interactive booths!

Nutrition
Reduce stress & anxiety
Brain Health
Massage
Recycling, composting Improving sleep

Move it!

Healthy eyes & teeth
Re-think your drink!
Nutrition Trivia Wheel
Emergency preparedness
Soul Shoppe Peace Path

Health & Wellness Challenge:

PARENTS: you get to win stuff too!

\[ \ldots \text{and more!} \]

Food Trucks!

Tacos El Asador
- healthy mexican, fresh ingredients!

Baagian
- tasty vegan tacos and burgers!

I Love Bliss Pops
- delicious, gourmet popsicles

Thank you to our supporters!

Allergy & Asthma Medical Group of the Bay Area
American Heart Association
Andrea Willoughby, Integrative Mind & Bodywork
Annette Oller, Acupuncturist
Bare Snacks
BP Fitness
Chef Lisa, plant-based chef
Daisy Organic Apples
Danville Pediatric Dentistry & Orthodontics
ivivva
Juvenile Diabetes - Wyatt French
Karen Gravelle, “Keep calm & focused”
Modern Recess
Mustang Soccer

Pacific Coast Farmers Market Assn.
Precision Chiropractic
Quest Therapeutic Camps
Republic Services
San Ramon Fire Protection District
SRVUSD Child Nutrition
SRVUSD Health and Wellness
Soul Shoppe
The Studio
Town of Danville Emergency Svcs.
Town of Danville Recreation Svcs.
Vision Dynamics
Wellness Within
Whole Foods

How does the Journey to Health Challenge work?

✔ Be prepared to use your body and brain to play!

✔ Answer questions and do fun activities!

✔ Journey to Health finishers get a chance to win drawing prizes!

✔ Earn a HOMEWORK PASS!

✔ Have FUN while you learn!

Greenbrook booths
* PTA
* Health and Wellness
* Special Needs
* Eagle Auction & Gala
* 5th Grade Outdoor Picnic Fundraiser: Daisy Organic apples 2lb totes for $5

The Greenbrook PTA Health and Wellness Committee encourages kids and families to make healthy lifestyle choices.