



Join us for a Wellness Activity!

CES PTA is hosting a Wellness Night on Friday, December 15th (6:30 pm - 8 pm)

Participants will learn 3 techniques (yoga, journaling, and art) to promote mind-body wellness!

Please RSVP to ensure a seat and supplies. Space is limited to the first 150 participants.

This free event includes an expressive arts activity. Please come dressed for crafting (paint and glue will be used).

What: Wellness Night

When: December 15th from 6:30- 8:00

Where: CES Cafeteria

Who: CES community (family members welcome). First 150 participants.

Cost: Free

How: RSVP using this link (<https://forms.gle/vRgYZaAKs5rgcrSx7>) or QR code

