

# 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 September 30th, 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**
- **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.*

“ **Last date for fun run registration is Sep 30th, 2019** ”

