



Shake, Rattle and Roll...

A **FREE** fun and interactive physical fitness program for preschoolers and parents!

At HMK School Gym

Starting Thur. Oct. 12th - Nov 16th. 2017

from 6:00 pm. - 7:00pm.

All you need to bring is runners, water bottle and lots of energy!

Contact Sheila Bremner at 204 476-2455 or 476-6290 to register or for more info.

Sponsored by Beautiful Plains School Division and Assiniboine North Parent Coalition