

# **Wm. S. Hart uhsd**

# **parent and student empowerment night**

# featuring

# **Best-Selling Author, Coach Robert dos Remedios**

# **Varsity Basketball Coach, Alex Dunwoody**

**free to the community**

### **Wednesday, November 8, 2017**

**6:30-8:00 pm**

**la mesa junior high mpr**

**26623 may way**

**Topics include**

**Developing positive addictive habits**

**Physical fitness & building character**

**Obesity epidemic**

**Correlation between fitness and academic performance**

### Questions, please contact Tanis Burleson at tburleson@hartdistrict.org

**light snacks will be provided, so bring your appetite!**