



SEDGEFIELD MIDDLE SCHOOL INVITES YOU!

Sedgefield Middle School PTO and administration invite all Spartan scholars and families to a **FREE lasagna dinner*** during our January General PTO meeting and our first-ever Health & Wellness event on January 15 from 5:45 pm – 7:30 pm. Please mark your calendars for this fun, delicious and informative event! Come out with your Spartan friends and family to enjoy a meal together and learn about making healthy life choices in the New Year.

**Dinner will be served at 5:45 pm on a first-come, first-serve basis while supplies last.*

DON'T MISS THIS EXCELLENT EVENT!

FREE LASAGNA & SALAD
FREE DRINKS
FREE DESSERT
ENGAGING SPEAKERS
HEALTH & WELLNESS INFORMATION

AGENDA:

5:45 pm: Dinner
6:00 pm: PTO meeting
6:20 pm: Panel discussion and Q&A
7:30 pm: Meeting concludes

TOPICS & SPEAKERS INCLUDE:

Technology and Social Media
Kenny Lynch, Detective CMS Law Enforcement

Exercise, Nutrition and Middle School Health
Josh Rimany, RPh, Chief Wellness Officer
Connie Mullis, NDTR, Nutrition Specialist
Dilworth Drug & Wellness Center

Fostering Community Connections
Ebony Lockett, CMS Educator &
Community Advocate

A SPECIAL THANK YOU TO OUR EVENT PARTNERS!

