


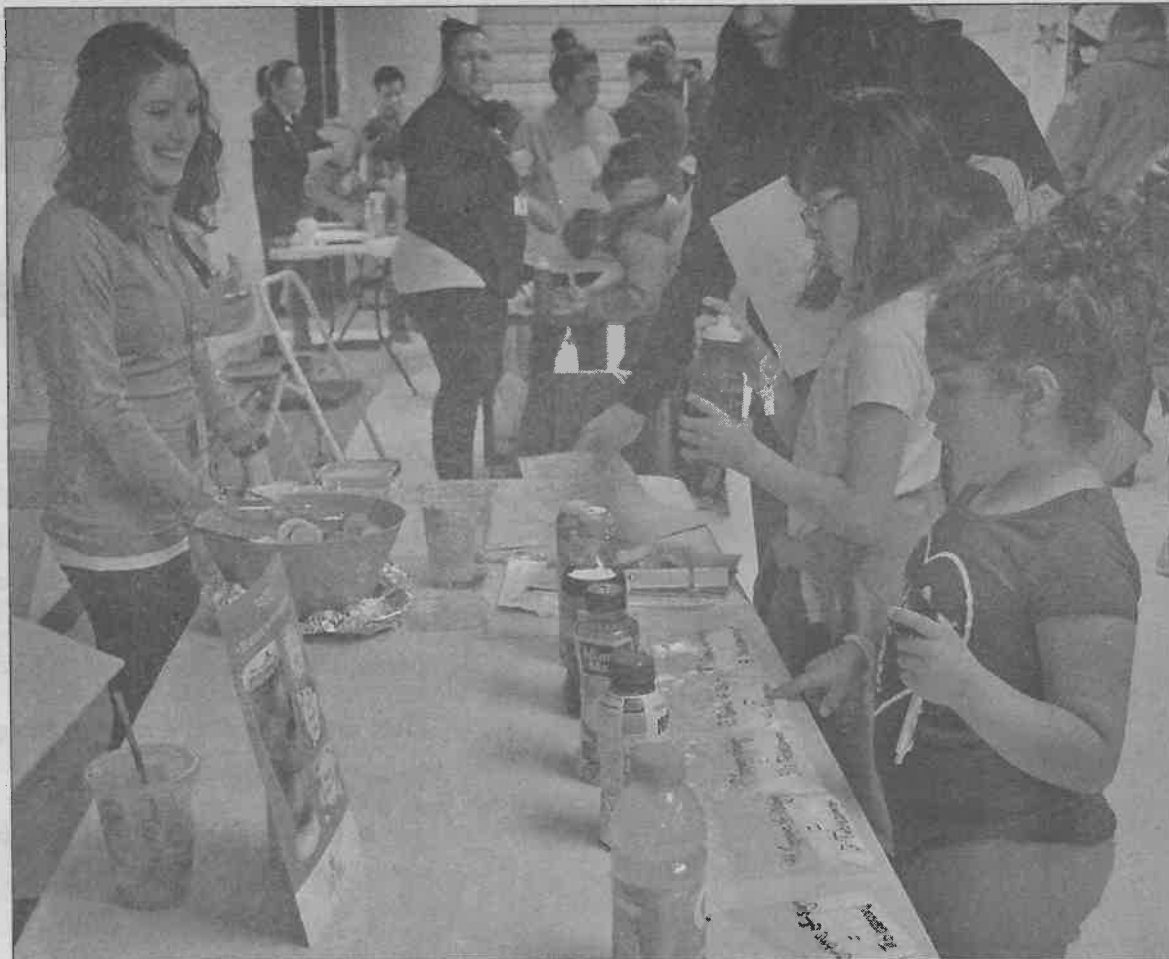
Healthy snacks at Fullerton's Family Wellness event



A family picks out a healthy snack from a table full of fruit including several bunches of bananas. It was one of several stations to visit as part of a Family Wellness event held on Thursday, Jan. 25 at Fullerton School. Students collected water bottles, healthy snacks, toothbrushes, toothpaste, and stamps on a BINGO card for every station they visited. Story and more photos inside this issue.

Fullerton hosts Family Wellness event for parents, students

Fullerton School held a Family Wellness event on the evening of Thursday, Jan. 25. Parents and students had the opportunity to play together while learning about keeping active and making healthy eating choices. The main hallway and both gyms were filled with fitness and wellness stations with information provided by a number of community resources. Students collected water bottles, healthy snacks, toothbrushes, toothpaste, and stamps on a BINGO card for every station they visited.



SUBMITTED PHOTOS Addison Independent

This station at the Fullerton Family Wellness event showed students how much sugar is in some of their favorite drinks. The young people were then given a Fullerton Lions water bottle and a citrus slice to flavor their water.

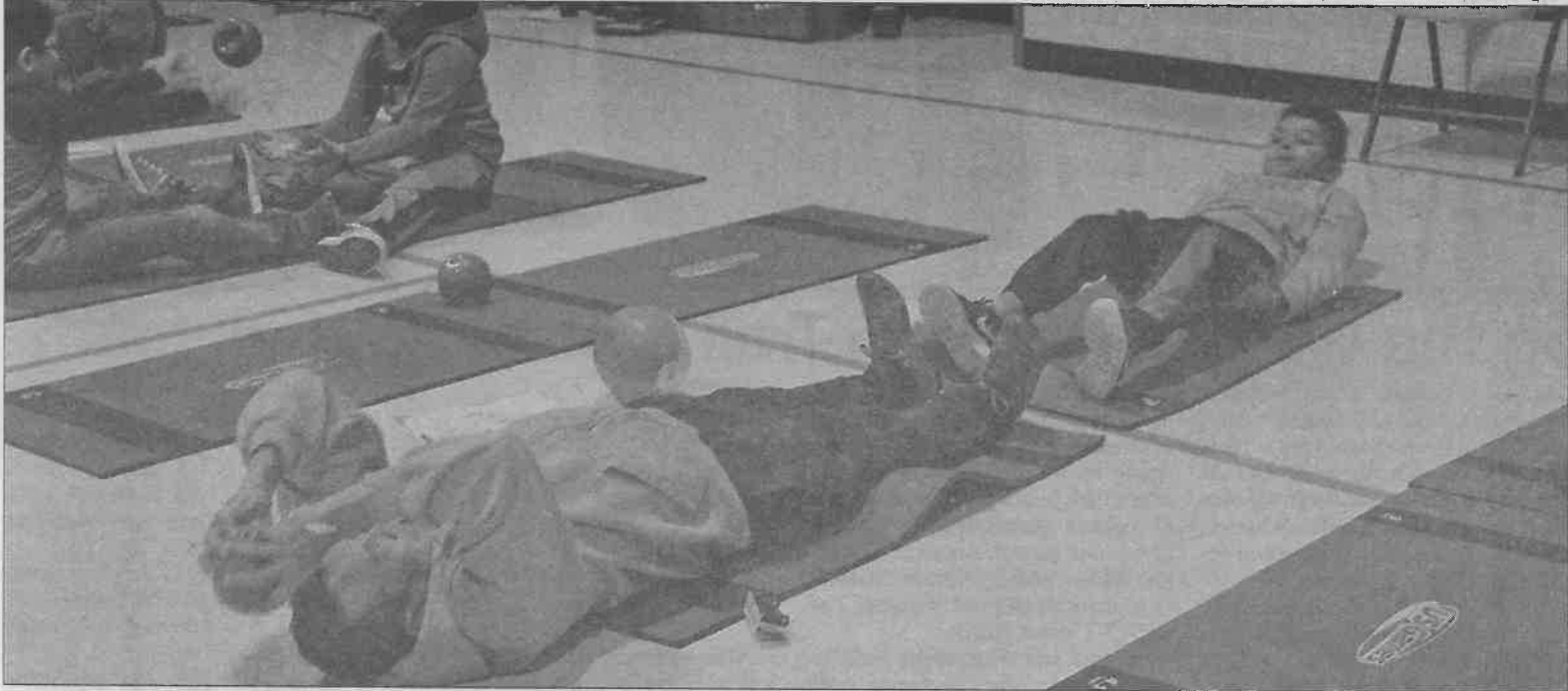


These Fullerton students (at left) have fun at a game station that instructed participants on the 5-4-3-2-1 GO! way to live a healthy lifestyle. It was all part of a Family Wellness event held at Fullerton School held on Thursday, Jan. 25.



Pictured above is a "vote for your favorite vegetable" station, open to attendees of the Fullerton Family Wellness event on Thursday, Jan. 25. Early in the evening, carrots were winning. Pictured at left, a little girl stops at a station where students reached under a special light to see how clean their hands were. It stressed the importance of washing their hands well before eating.





SUBMITTED PHOTO *Addison Independent*

Playing 'sit-up catch'

This was one of the fitness stations in the Fullerton gym, where students and parents passed a ball back and forth between sit-ups. The Family Wellness event took place on Thursday, Jan. 25.