## Well Aware at Bright Horizons

Building the foundation for a lifetime of healthy habits







Nutrition • Health and Safety • Physical Fitness • Responsibility • Wellness

## Join us on Saturday, June 1st for a Well Aware Open House 10:00 a.m. - 12:00 p.m.

- See the skills your child is developing each day to stay healthy
- Participate in Well Aware-themed activities with your child
- Learn more about our health and safety practices
- Take part in our 'Movement Matters Family Fitness Challenge'
- Enjoy healthy snacks and refreshments
- Spend time with other families at our center

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