



Florence International School
Recognised By UP Government (To be affiliated with C.B.S.E.)
Circular

Hey Mommies,

Winter is a season of recovery and preparation, don't feel lethargic, and welcome the season with great enthusiasm.

FIS is here to boost up your energy level and to help you out "to loose some extra pounds" so pull up your socks and tie your laces for a warm welcome of winters.

Further we appreciate the initiative of "Fit India Movement" taken by our honourable **PM Shri Narendra Modi** and invite you all to be the part of this movement.

So all dear Mommies of our young ones are requested to join us in the "**Fight for Fitness**" to beat the chill of winter.

Free diet consultation by Dr. Rupali Srivastava(Nutritionist)

Activities: - Zumba, Aerobics, Fun games

Date: - 9th November 19'(Saturday)

Venue: - **Florence International School.**

Timings: - 10:30 am Sharp.

Note: - Participants must be in track suits and wears sport shoes .You are requested to have your breakfast one hour before the event, and further requested to send your consent on mobile no. **9971140555** with the text message.

"I am interested"

Name of child:-

Class of child:-

Regards

Vice Principal

