



Kick-Off a Healthier Lifestyle

Activity	Start Time	End Time
Qigong	11:30:00 AM	12:00:00 PM
Arts & Craft	12:00:00 PM	12:30:00 PM
Mindfulness	12:30:00 PM	1:00:00 PM
Plank Challenge	1:00:00 PM	1:15:00 PM
Music & Movement	1:15:00 PM	1:30:00 PM
Laughter Yoga	1:30:00 PM	2:00:00 PM
Arts & Craft	1:45:00 PM	2:15:00 PM
Dance Fitness	2:00:00 PM	2:30:00 PM
Plank Challenge	2:30:00 PM	2:45:00 PM
Breathing & Stretching	2:45:00 PM	3:15:00 PM
Arts & Craft	3:00:00 PM	3:30:00 PM
Dance Fitness	3:15:00 PM	3:45:00 PM
Storytelling (English)	3:45:00 PM	4:15:00 PM
Plank Challenge	4:15:00 PM	4:30:00 PM
Storytelling (Arabic)	4:30:00 PM	5:00:00 PM

Win gifts throughout the day!

Scan QR code
to register

