



# Norris Middle School Community Night

## Tuesday, October 6, 2009

### 6:00 to 7:30 pm

#### *Norris and Wellness*

Come and enjoy fun activities having to do with prevention, active lifestyles, good nutrition, and stress management. Visit with representatives from local community agencies that provide wonderful programs and services for you and your family. Health screenings will also be available for free or a minimal fee.

- ❖ **Fun activities and prizes for students and families of all ages.**
- ❖ **Representatives from local community agencies will provide information, tips, screenings, and engaging activities and informational materials.**  
*(See below for participating agencies).*
- ❖ **Free** massages from a licensed massage therapist.
- ❖ **Free** dinner from Jacobo's!
- ❖ **Visiting Nurses Association will provide Flu Shots for \$25.00 and Flu Mist for \$30.00.**

*We would especially like to thank our local community partners in providing information and support for our families: American Cancer Society, American Diabetes Association, American Dairy Association, American Heart Association, Angel Food Ministries, Applewood Massage Therapy, , Creighton University, Douglas County Health Department, Eastern Nebraska Office on Aging, Hy-Vee, League of Human Dignity, Methodist Children's Hospital, Nebraska Department of Health and Human Services, Nebraska Medical Center Diabetes Center and Physical Therapy Department, Omaha Fire Department, One World Health, Pride Omaha, Prevent Blindness Omaha, Ted E. Bear Hollow, Tobacco Free Nebraska, Visiting Nurses Association, and the YMCA.*