

BE WELL NOW

ANNOUNCING

Ionia County Intermediate School District Wellness Committee invites you to participate in the ICISD's:

SPRING FITNESS POKER WALK

Main Street; Ionia

Friday, May 1, 2009

Beginning at 3:15 pm

Administrators will form their teams. If you can't walk at 3:15 there will be other teams walking at a later time so contact one of your Wellness Committee Members and they will assist you on getting on a team. You will begin at Lamplight Grill and end at the Lamplight Grill Recovery Station for a TGIF. Further instructions will be given at that time.

Prizes will be awarded to the best poker hand(s)

EARN THOSE WELLNESS BUCKS!!!!