



# GIRLS & BOYS ON THE MOVE

Back by popular demand! North Brunswick Municipal Alliance presents their **FREE** Get Up & Move Prevention Program for girls and boys from 3rd-8th grade. This program focuses on substance abuse prevention, positive decision making and health and wellness through fun physical activities and educational sessions. During this program participants will also build friendships, increase self esteem, and much more all while having fun! Snacks and t shirts will be provided for all participants. Please come dressed in comfortable clothing and sneakers. Call DPRCS to sign up.

Limited spaces available.

**North Brunswick Community Park (Great Lawn)**

**April- June**

**Girls: TBA**

**Boys : TBA**

For more information and to sign up please call North Brunswick Department of Parks, Recreation & Community Services at (732)247-0922 ext. 475