

STUDENTS AND THEIR FAMILIES FROM SWIFT ELEMENTARY SCHOOL IN EGG HARBOR TOWNSHIP RECENTLY ATTENDED A HEALTHY FAMILY FUN NIGHT. THE EVENT WAS SPONSORED BY THE EHTEA(EGG HARBOR TOWNSHIP EDUCATION ASSOCIATION) AND WAS SUPPORTED BY MEMBERS OF THE COMMUNITY, SWIFT PARENTS CLUB, EHTHS INTERACT CLUB AND COUNTLESS STAFF MEMBERS. FAMILIES IN ATTENDANCE GOT TO WORK UP A SWEAT WITH ZUMBA, CARDIO DRUMMING, EXERCISE ROUTINES, A DJ DANCE PARTY AND OTHER ACTIVITIES. IN ADDITION, FAMILIES LEARNED HOW TO MAKE/EAT A NUTRITIOUS SNACK, LEARNED THE BENEFITS OF MASSAGE, ESSENTIAL OILS AND GOOD DENTAL CARE. REPRESENTATIVES FROM SHOP RITE AND ATLANTICARE ALSO PROVIDED ACTIVITIES TO EDUCATE STUDENTS ON EATING A HEALTHY DIET. IT WAS A GREAT NIGHT OF FUN AND LEARNING FOR ALL AGES.







