



# **WM. S. HART UHSD**

## **PARENT AND STUDENT EMPOWERMENT NIGHT**

Featuring

Best-Selling Author, Coach Robert dos Remedios  
Varsity Basketball Coach, Alex Dunwoody

**FREE TO THE COMMUNITY**

**WEDNESDAY, NOVEMBER 8, 2017**

**6:30-8:00 PM**

**LA MESA JUNIOR HIGH MPR**

**26623 MAY WAY**

**TOPICS INCLUDE**

**DEVELOPING POSITIVE ADDICTIVE HABITS  
PHYSICAL FITNESS & BUILDING CHARACTER**

**OBESITY EPIDEMIC**

**CORRELATION BETWEEN FITNESS AND ACADEMIC  
PERFORMANCE**

QUESTIONS, PLEASE CONTACT TANIS BURLESON AT

[TBURLESON@HARTDISTRICT.ORG](mailto:TBURLESON@HARTDISTRICT.ORG)

**LIGHT SNACKS WILL BE PROVIDED, SO BRING YOUR APPETITE!**