



Save the date and join us the evening of **April 18** as FFM is excited to be hosting DRUM DAY with DRUM FIT.

DrumFIT is a cardio-based drumming program that combines physical activity with brain fitness, resulting in the *most fun students can have while increasing their overall wellbeing.* Students grab drumsticks, and drum away to amazing music all while incorporating brain fitness activities that are FUN!

Check them out at www.drumfit.ca. for more information

Please use the below RSVP form to reserve your spot. We look forward to seeing you there! It will be a great family night out.

Please reserve your spot as space is limited. It will be first come first serve. Please return RSVP by FRIDAY APRIL 13th:

Wednesday April 18th 6:30pm-7:15pm

Family name and number of participants _____

Wednesday April 18th 7:15pm-8:00pm

Family name and number of participants _____

