



PARENTS NIGHT OUT!

**Saturday
6pm-9:30pm**

Every child will have a blast while parents take the night off and go on a date or just take the night off.

The night starts out with about an hour of fitness, followed by pizza and a movie. After the movie, kids play games and actives and have a discussion about the main lessons learned from the movie. The night wines down with a calming meditation to get kids ready to go to sleep after being picked up. Parents pick up at 9:30pm.

Enroll early, Parents Night Out sell out quickly! Space is limited.

REGISTER: <https://www.tkdwellness.com/parents-night-out/>
Questions... Email: MasterTorres@TKDwellness.com