



Hey Northwood!

Come join the Nighthawks Noon Walkers Program!

What: Walk during your lunch recess and earn points toward your mileage goal.

Where: Northwood grounds

When: Starting Tuesday, May 9th

Why: Exercise is good for growing bodies!

How: See Northwood News for more info.

Any questions email Pat Grimes @ grimesclan@wowway.com or Jen Armstrong @ jenarmstrong@wowway.com

