

# All Caregivers Cordially Invited



**JOIN US SUNDAY APRIL 16<sup>TH</sup> FROM 9:45 AM TO  
12:15 PM  
FOR A MORNING OF HEALTH AND WELLNESS!**

RSVP: [jbirmingham@arcsouthshore.org](mailto:jbirmingham@arcsouthshore.org)

To be held at The Arc of the South Shore @ 20 Pond Park Road in Hingham

9:45 am	Meet and Greet
10 -11 am	Customized Workout with ASD Fit Boston
11:15-12:15 pm	Nutrition and Wellness session presented by A Healthy Balance, Inc.

**Light refreshments will be served.**

**Participants will receive take away goodies to implement wellness at home.**

This workshop has been generously funded by the Flutie Foundation for Autism



South Shore

AUTISM RESOURCE CENTER