

**You are invited to the  
BFF KICKOFF!!**

**Welcome to  
Be Fit with Friends!**

**10a-1p**  
**Saturday, January 29, 2011**  
**The Neighborhood Place**  
**3014 Rivas Street (78228)**  
This free event is open to girls in BFF troops. No tagalongs.

Contact Candace Wright for registration and questions 210-349-2404 x\_\_\_\_

**BFF Kickoff activities include:**

- ◆ Zumba party!
- ◆ Bend, stretch & play with *YOGA*
- ◆ Get competitive with active games:
  - Xbox 360 Kinect Dance Central
  - Wii Ultimate Party Challenge
- ◆ And much, much more...

**Fun activities with friends!**  
**Contests, games & prizes!**  
**Free food and drinks!**

 INSTITUTE FOR HEALTH PROMOTION RESEARCH  
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SAN ANTONIO

  
**girl scouts**  
of southwest texas