

**Family Youth Initiatives
&
Matteson Police Department**

Invites you to participate in a

PARENT BOOT CAMP

Calling all Parents!



Come get a good work-out!

WEDNESDAY

FEBRUARY 22, 2012

7:00-9:00PM at Matteson Police Dept.

So! What's the work-out plan?

- *What's the deal with facebook and Myspace warm up***
- *Current trends in gangs and drugs stretching session***
- *Oooh that smart mouth cardio session***
- *Listening techniques and conflict resolution strength training***
- *Being a parent superstar cool down****

DINNER WILL BE SERVED

RSVP please to Mia Carter at 708-283-4713! Only 25 slots available!!