



PORTLAND WILLAMETTE VALLEY  
CHAPTER

Est. 2014

# Let's Get Physical!

Nike Inc., World Headquarters, Beaverton, Oregon

NORTHERN CHILDREN'S CLUSTER

APRIL 22, 2017

What:	When:	Time:	Registration:	Where:	Contact:
 Northern Children's Cluster	Saturday, April 22, 2017	 10:00AM - 2:00PM	Will open soon....stay tuned for details!	Nike Inc., World Headquarters	Co-Chairs Darlise Harrison and Jamia Tyler <a href="mailto:darliseb@aol.com">darliseb@aol.com</a> or <a href="mailto:jamiatyler@gmail.com">jamiatyler@gmail.com</a>



## Day at a Glance

- Registration
- Welcome
- Continental Breakfast
- Breakout Session #1 (Fitness Rooms #1 & #2: Yoga & Zumba)
- Health Expo (for Parents)
- 10 Minute Break
- Breakout Session #2 (Basketball Courts & Soccer Fields: Mini Clinics)
- Health Expo (for Parents)
- Walking Nature Guided Tour
- Lunch
- Thank you's & Salutations



Portland, Seattle & Tacoma...let's get together and let's get moving... The Portland Willamette Valley Chapter is thrilled to host its first Northern Children's Cluster! One of JJOAs national programming thrust is healthy living. What are you waiting for...

**Let's Get Physical!**

## Let's Get Physical!

- Let's Get Stepping: [Walking tour](#)
- Let's Get Stretching: [Yoga, Pilates or Barre Classes](#)
- Let's Get Hooping: [Mini basketball clinic](#)
- Let's Get Strong: [Weight training](#)
- Let's Get Healthy: [Health Expo](#)