

Be A



POSITIVE LEADERSHIP FOR ACTIVE AK YOUTH

COMMUNITY PARTNER

PLAAY Day is a Live 30 minute exercise session with children and leaders in Alaska and beyond!

WHAT:

Join a LIVE broadcast of physical activity routine with your coworkers! Participate in advanced, moderate, low-impact, or adaptive exercises.

WHEN:

Thursday, February 20th, 2020 at 10a.m., AST.

WHERE:

Your workplace! Exercises are designed for the work place setting. All you need is body-sized space area for each participant.

REGISTER:

Visit www.plaay.org for more information and easy registration. Your workplace will receive the live link to participate and a how-to guide.

Thanks for supporting PLAAY. An initiative of the Alaska Sports Hall of Fame, PLAAY works with Alaska's children and community leaders to emphasize physical activity in addressing health and wellness. Your company name and photo will appear on the credits at the end of PLAAY Day reaching thousands of Alaskans across the state and beyond!

WWW.PLAAY.ORG

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