

Annual **UNITY DAY** **YOUTH & FAMILY ZONE** Free Karate Demonstration and Seminar.



Friday, March 19, 9am - 5pm

at the YMCA, 8100 YMCA Plaza Drive, Baton Rouge

Test taking strategies: teaching youth test taking strategies that build confidence and reduce anxiety around standardized testing.



Saturday, March 20, 9am - 5pm

at the Family Christian Academy Gym
919 World Ministry Avenue, Baton Rouge

Kids, learn karate basics, self-defense forms, and more.
It's a day of family fun and fitness that will include:

- a circuit of karate fitness and instruction
- demonstrations by statewide and national instructors
- karate life lessons
- self-care and self-discipline discussions
- wellness/healthcare booths
- physical fitness contest--monetary prize
- entertainment

For additional information and early registration, visit unitydayzone.com.



Sponsored by: Louisiana Governor's and Lieutenant Governor's offices • Department of Health and Hospitals • Department of Social Services • Louisiana Workforce Commission • City of East Baton Rouge Parish • City of New Orleans Office of Public Health • Office of Juvenile Justice • Baton Rouge Area Foundation • Louisiana Youth Enhanced Services • Louisiana Governor's Council on Physical Fitness • Recreation and Park Commission for the Parish of East Baton Rouge (BREC) • Capital Area YMCA • New Orleans Recreation Department (NORD) • East Baton Rouge Detention Center • Baton Rouge General • University of Phoenix • Baton Rouge General Hospital • Baton Rouge Area Sports Foundation • Zehnder Communications • Southern University and A&M College Nursing School • Whole Foods • East Baton Rouge Parish Youth Planning Board

The mission of Unity Day is to enhance the mental, emotional and physical fitness skill sets needed to develop healthy motivated students and productive citizens.