# Sample Morning Announcements

* Do you like to play, laugh and drink fruit-flavored water? If so, come to the PTA’s Healthy Lifestyles Event on {insert date} at {insert time} in {insert place.} Invite your friends and bring your family for a fun evening of free water and healthy activities.
* Good morning {insert school name}. Don’t forget about the {insert healthy lifestyles event name} happening {insert date and time}. Invite your parents to join us for a fun {day/night} of {insert activities}. Stop by the Healthy Hydration Stations for awesome flavored water and a game to test your knowledge about water and added sugars!
* Do you know how many grams of sugar are in your favorite soda, energy drink or juice? The answer just might surprise you. Find out at the PTA’s Healthy Lifestyles Event on {insert date} at {insert time} in {insert place}.
* Are you excited for next week’s Fun Run? I know we are! Don’t forget to invite your family members to join us at {insert time} on {insert date} at {insert location}, so they can stop by the Healthy Hydration Stations to test out some yummy infused-water flavors and play games.