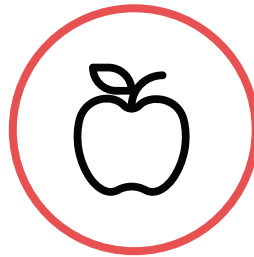




**ASSIST** FAN (Fitness and Nutrition) is our in-house Physical Education and after school enrichment program used by sites and ASES partners. Coaches take assigned classes per session and provide our proprietary curriculum focusing on all aspects of



## **PHYSICAL FITNESS**



## **NUTRITION**

and engaging in a fully educational process for students based on grade level.

**ASSIST** follows California state standards to ensure students are meeting and exceeding requirements.

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**CALL OR EMAIL US TO BRING ASSIST PHYSICAL EDUCATION OR ASSIST FAN CLUB TO YOUR SCHOOL!**



**916.202.7816**



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