



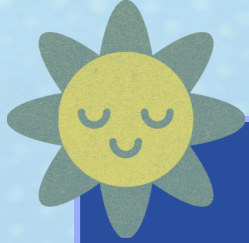
Wellness Workshop

Learn how to take care of your body and mind!
Wellness Workshop helps students build healthy habits for everyday life.

- Learn ways to manage stress and emotions
 - Explore healthy eating and nutrition
 - Stay active with fun fitness activities
- Build confidence, self-care, and positive habits.

Students will develop skills to feel their best—inside and out!





SLEEP WELL



JULY 20TH - 24TH

Time	Group k - 3 rd	Group 4 th - 5 th
7:00 - 8:00	RISE & SHINE	Break fast
8:00 - 9:00	Wellness Workshop	Art Attack!
9:00 - 9:30	SNACK	& TRIVIA
9:30 - 10:30	Art Attack!	Wellness Workshop
10:30 - 11:30	FITNESS	GENIUS
11:30 - 12:30	LUNCH	TIME
12:30 - 1:30	Wellness Workshop	Let's get Creative - Arts & Crafts
1:30 - 2:30	Let's get Creative - Arts & Crafts	Wellness Workshop
2:30 - 3:30	FITNESS	GENIUS
3:30 - 4:00	SNACK	& TRIVIA
4:00 - 5:00	Wellness Workshop	Wellness Workshop
5:00 - 6:00	IN OUR	BACK YARD

