

Wellness Schedule

March	April	May	June
Meditation and Stress Relief	Walk to School and Work	CPR Training	Kick Start Your Heart Health
March 17, 2017	April 12, 2017	May 19, 2017	June 9, 2017
Activity Schedule	Activity Schedule	Activity Schedule	Activity Schedule
Staff are treated to a meditation and stress relief session hosted by a licensed yoga instructor and health coach.	Staff walk from Hope to corner of Blount/Delway and back. Take students to corner of Blount/Delway and walk back to school.	Community volunteer sponsors a CPR info and demo session for our 4 th grade students.	For Heart Health, students rally out in the field for a kickball tournament.

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