



WELLNESS WEEK

January 19th- 22nd



MONDAY:

- No school (Martin Luther King Jr. Day)
- Great day to try the Wellness Week Workouts at 1 or more of the parks offered!

TUESDAY:

- *Wear a rainbow of colors to support Eating a Rainbow of Fruits and Vegetables*
- *Canned Food Drive: Bring*



WEDNESDAY:

- *Wear a white shirt because drinking milk is important for healthy bones and teeth*
- *Canned Food Drive: Bring*

THURSDAY:

- *Wear workout clothes so you remember to exercise 60 minutes EVERYDAY*
- *Canned Food Drive: Bring*



FRIDAY:

- *Wear Pajamas so you remember to get 8-10 hours of sleep every night.*
- *Canned Food Drive: Bring*



