

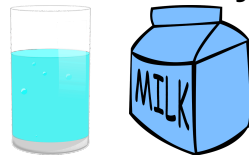
Under the Good Health Umbrella  
Wellness Week March 14th-18th 2022



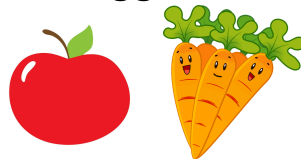
**March 14th-Mindfulness Monday**



**March 15th-Rethink Your Drink Tuesday- Choose Water or Milk**



**March 16th-Bring in Fruits & Veggies for Snack Wednesday**



**March 17th-Dance Off Thursday**



**March 18th-Fitness Friday**

