

P.S 19

Month	Name of Events	Description of Event
April th, 2024	Wellness walk and Talk	<ul style="list-style-type: none"> • Go around the neighborhood to point out healthy options for food. • As well as answering trivia questions about healthy and wealth • Participating in a scavenger hunt around the community
June 2024 (Date Coming Soon)	Wellness Block Party	<ul style="list-style-type: none"> • Student enjoy healthy snacks while also contributing to 30 min of physical activity and community engagement • Also gaining more knowledge about wellness in MMCC and the Community
May 14th, 2024	Fitness Competition with Staff and Students	<ul style="list-style-type: none"> • Rotation of different fitness activities that are volunteer lead. Groups of staff and students rotate and compete. Ex: Relay Races, Jump Ropes, Balancing objects. Basketball game “ whole very gets 20 points first”