

SPRING WELLNESS @ SWBOCES!

What to Know:

- The District Wellness Committee is sponsoring two staff programs this spring.
- Programs are open to all employees. There is no cost to participate.
- Sessions are held once a week for four weeks, from 3:30–4:30 p.m.
- Minimum enrollment and attendance for each session is eight employees.
- Enroll through My Learning Plan/Frontline at login.frontlineeducation.com.

Activity/Provider	Dates	Time	Location	Enrollment Deadline
Guided Mindfulness <i>Rebecca Rose Archer</i>	<u>Tuesdays:</u> April 11, 18, 25 and May 2	3:30–4:30 p.m.	Tappan Hill School, Tarrytown	April 3, 2023
Yoga <i>Inner Being Yoga</i>	<u>Wednesdays:</u> April 12, 19, 26 and May 3	3:30–4:30 p.m.	450 Mamaroneck Avenue	April 3, 2023

District Wellness Committee Members

Sheryl Brady • Sadika Clarke • Julie Crosier • Suzanne Doherty • Phil Donohue • Edwin Fernandez • James Gratto • Janeelia Henry • Brian Howard • Yolette Levy • Anna Macchia • Nora Mannuccia • Lynn Frazer-McBride • Victor Pineiro • Jane Shields • Sharon Stevens • Diane Storm • Joe Valdovinos • Jessica Walker

