

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><i>Tuesdays:</i></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><i>Wednesdays:</i></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

