

February 1<sup>st</sup>, 2018

Dear Memorial Spaulding Community,

Memorial Spaulding families, students and staff are invited to our social/emotional wellness classes every Friday in the month of March! Our focus is stress-reducing activities and keeping our minds and our bodies healthy. This is a time for families, students and staff to connect through mindfulness and wellness education.

**What: Social/Emotional Wellness Classes**

**When: Fridays in March between 8:00-8:20 am**

**Where: Gymnasium**

<b>DATE</b>	<b>TEACHER</b>	<b>LESSON FOCUS/ ACTIVITY</b>
<b>3/2/2018</b>	<b>Sally Mazur &amp; LuAnn Keough</b>	<b>Mindfulness/Meditation</b>
<b>3/9/2018</b>	<b>JoAnne Kazis</b>	<b>Yoga</b>
<b>3/23/2018</b>	<b>Shannon Komow</b>	<b>Nutrition</b>
<b>3/29/2018</b>	<b>Mandy Shrier &amp; Shannon Komow</b>	<b>Vigorous Heart Healthy Activities</b>

Please let Shannon Komow know if you have any questions.

[Shannon\\_komow@newton.k12.ma.us](mailto:Shannon_komow@newton.k12.ma.us)

Hope to see you there ☺