

OHUDDLE HOUR

2018/19

WWW.OHUDDLE.ORG/OHUDDLE-HOUR

*Orrville High
School*



OHuddle Hour is a quarterly experience to promote hope, rest, fun, and self-care. Taking care of yourself takes care of our students. Sessions occur over lunch periods the 1st Friday of the month. There is no cost to participate. Calendar invitations sent to email. The 1st 30 individuals who RSVP will leave with the takeaway noted by the astrisk.

OCTOBER
5th

SELF SPA

Sign up for a chair massage during your planning period or lunch break and leave with an infused water* and self massage techniques.

DECEMBER
7th

YOGA & MEDITATION

Learn exercises to help you and your students to unwind throughout the day. Leave with a fruit smoothie*

FEBRUARY
1st

MOTIVATIONAL SPEAKER

Come to hear about the science of happiness. Learn techniques to keep yourself at the top of your game. Takeaway an artisan coffee^

APRIL
5th

BREAKFAST FOR LUNCH

Take packing lunch^ off your to-do list and leave with a meal planning strategy for 5 ingredient meals that take less than 15 minutes to prepare.

Questions? Email Site Coordinator Mariah Cluss at mcluss@ohuddle.org