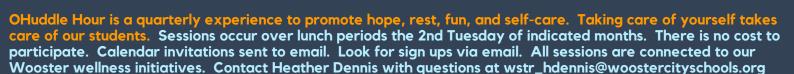
2018/19 Wooster Elementaries NHLINDI F

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Coordinate with Wooster Wellness to earn more prizes!

Hydration Challenge 10/15-10/28

NOVEMBER

13th

SELF SPA: PARKVIEW

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

Holiday Challenge 12/17-12/23

JANUARY

8th

SELF SPA: KEAN

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

Healthy Coaching Challenge 2/1-2/28

MARCH

12th

BRUNCH FOR LUNCH: CORNERSTONE

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.

Stress Challenge 3/4-3/31

MAY

14th

BRUNCH FOR LUNCH: MELROSE

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.