

OHUDDLE HOUR

2018/19

WWW.OHUDDLE.ORG/OHUDDLE-HOUR

*Wooster
Elementaries*



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 2nd Tuesday of indicated months. There is no cost to participate. Calendar invitations sent to email. Look for sign ups via email. All sessions are connected to our Wooster wellness initiatives. Contact Heather Dennis with questions at wstr_hdennis@woostercityschools.org



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.

Questions about OHuddle Hour?
Email Site Coordinator Lynette Duplain at lduplain@ohuddle.org