

Classes

August – December 2018

August- Healthy Living

Juggling home, work and a social life can be challenging at times. Especially at the beginning of the school year. Join April Anderson, the Wellness Specialist for a 6-week series class on Healthy Eating for a Balanced Life. Each week, resources will be provided on making healthy meals including a food plan, list for the grocery store and healthy tips to make this year count. This 6-week series class is offered in person and email.

September- Mindfulness

Mindfulness is about being aware of the moment and consciously making the decision to live a life that is meaningful. Join April Anderson, the Wellness Specialist for a 9-week series class on Mindfulness. Learn how mindfulness works, ways to destress and implement self-care techniques in your life to prepare for the roller coaster of life. This 9-week series starts September 4th and is offered only through email.

October- What about those screening numbers?

Trying to make healthy lifestyle changes based upon the health screening data, join April Anderson to learn ways to talk to your doctor about your health data and simple lifestyle changes that can impact your well-being. This class will be offered in person or information can be sent through email if you are unable to attend.

November- Balance through the Holidays: Nutrition, Physical Activity and Emotional Well-Being

Welcome to the holiday season, a time to celebrate and enjoying spending time with people we care about. This season brings a lot of celebrations and food. Join April Anderson is a single focus class to learn healthy substitutions through the holiday that will not impact the fun and possible weight gain this season brings. This class will be offered in person or information can be sent through email if you are unable to attend.

December- Making a Resolution that will be Achieved

As 2018 is wrapping up and we start thinking about 2019, be the 8% of individuals who achieve their well-being resolutions! Join April Anderson for a fun workshop in reflecting on this past year and creating SMART well-being goals that will be achieved this coming year. This class will be offered in person or information can be sent through email if you are unable to attend.

Email April Anderson at April.Anderson@nkcschools.org with questions.