



Wellness Wednesdays



In the Spotlight

In reflecting on all the “Wellness Wednesday” themes we have shared so far, which have included **Gratitude**, **Giving**, **Balance** and **Self-Love**, it suddenly became very clear, what we wanted to focus on, for this Spotlight Edition.

As we have shared before, **Self-Care** is not a “one-size fits all” concept. It is unique to you as an individual. Our goal continues to be to offer a space where we can share information and topics related to self-care and overall well-being. Individually and as a community, we have all been impacted in various ways by the effects of this current pandemic.

Today, in the spirit of **Wellness Wednesdays**, we ask that you take a moment to REFLECT on the following concepts: **Gratitude**, **Giving**, **Balance**, & **Self-Love**, and ask yourself, ‘what do they mean to you?’.

It is important to be grateful for what we have and although we may not always have a lot to offer, please remember that a little goes a long way. It is also very possible to fill our heart with love and joy, when we are able to give love back.

So if you can, we encourage you to find it in your hearts to “GIVE LOVE BACK” by donating to The United Way Campaign.

HOW? Visit our website at windhamps.org/apps/pages/UW to learn more and donate now. Reach out to your school’s Family Liaisons with any questions, and keep an eye out for fun school fundraising events.

DID YOU KNOW?

This is the 5th year that the United Way has directly funded our Before and After School Programs (BASP), which allows our certified staff to provide more than 350 students in our district with tutoring and extra-curricular activities.

Throughout the community, the United Way also supports families with the 2-1-1 resource line, a free service that provides housing assistance, mental health supports, and tax prep help.



GIVE LOVE BACK



Click here now to donate to the United Way!

