

WELLNESS CENTER



ACTIVITY

According to the weather man, the month of November is supposed to be pleasant but chilly. This is a great time to bundle up and go for walks with your children! The brisk air and sunshine are good for the soul and your overall mental health!

Get in Touch!

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Our Wellness Team hopes you have a fantastic month of November!

MONTHLY ARTICLE

[How to be hopeful..](#)

Book Nook

K-5 Grades

[Thanks for Thanksgiving](#)

6-12 Grades

[The Island of the Blue Dolphins](#)

Movie of the Month

[True Heart](#)

Recipe of the Month

[Homemade Cheez-its](#)