

****ALL SMH Employees****

LET'S GET THE BALL ROLLING!!!

HEALTHY CHOICES

Wellness Programs Kick-off



Teddy Araas
Wellness Coordinator
Contact #: Ext. 1159



**Wednesday
July 15th
6am ~ 8pm
Conference Room B**



WELLNESS BOOTHS

-Physical Activity-

-Nutrition-

-Sleep Quality-

-Weight Management-

-Stress Management-

PROGRAM SIGN-UPS

RAFFLE DRAWINGS

GAMES - SMH Lawn



**JOIN
IN THE
FUN!**

