

SAVE THE DATE

WED @ 3:30PM

MINDFUL MOVEMENT DEC.8 CLICK HERE TO REGISTER NAMASTE CALM YOGA WED @ 3:30PM **TAKE 10 DEC. 15 GROUNDING MEDITATION** CLICK HERE TO REGISTER

(GROUNDING THRU BODY AWARENESS)



Using your senses one by one can help anchor yourself to the present moment. When you take time to engage with your senses (sight, touch, sound, smell and taste), you become aware of your surroundings and shift your focus to the present moment.

Track each day you make time to take notice of your 5 senses. Track at least 6 days out of the 12 days to earn an additional 200 WellStyles points to your program!

CLICK HERE TO JOIN





SCAN OR CLICK HERE TO REGISTER

YOU ARE INVITED TO A HOLIDAY THEMED -YOGA CLASS!

moveme

WEDNESDAY, DECEMBER 8TH AT 3:30 PM

The intention behind this 30-minute yoga session is to give yourself the gift of time and take time for yourself. As you journey through this basic yoga flow, you will be challenged to focus on the present moment by bringing awareness to your body's sensations and movement through space.

REGISTER HERE

Do you often find yourself overthinking about past experiences or what is to come in the future? Many people find themselves in this constant cycle. Grounding meditation is a technique to use when you find yourself getting into a

LET'S GET GROUNDED

pattern of overthinking. Grounding refers to the ability to return to the present moment with sustained attention.

JOIN MIKAYLA FOR A GUIDED GROUNDING MEDITATION DECEMBER 15TH @ 3:30 PM

REGISTER HERE

Mikayla will guide you through a grounding meditation to help feel more connected with yourself and the present moment.



IF YOU WANT TO ENJOY THE HOLIDAY WITHOUT THE CONSEQUENCES, **CHECK OUT THESE** HEALTHIER HOLIDAY RECIPES!

If you make any of these, don't forget to submit a photo to wellnesscoordinator@wellstyles.org to earn an additional 200 points to your WellStyles program!

CHOCOLATE PEPPERMINT FUDGE

HOLIDAY CRACK

PALEO GINGERBREAD COOKIES

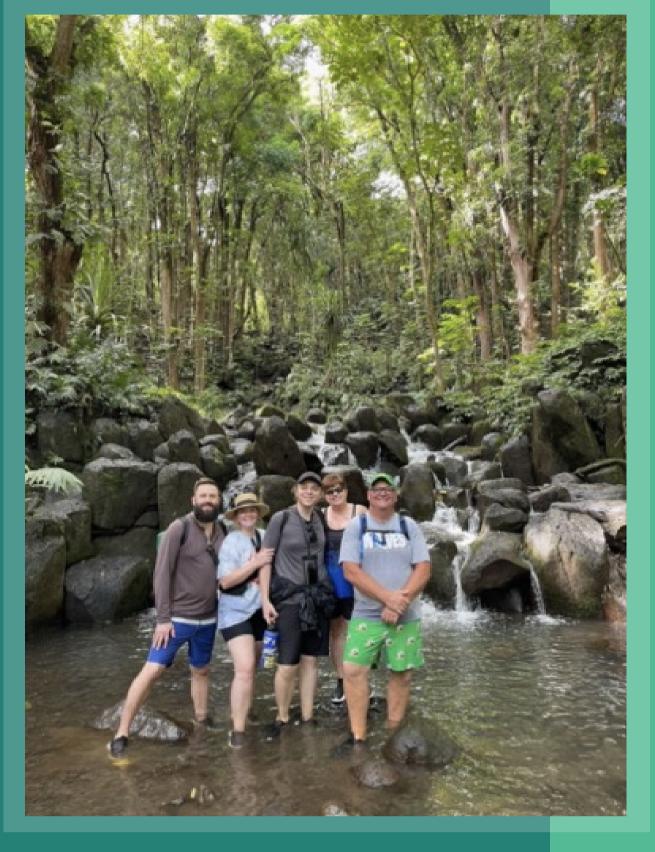
PECAN PIE BARS

APPLE CINNAMON SCONES

In observance of December's holiday breaks, our live cooking demo will be on hold until the new year to allow us all plenty of time to spend with our loved ones. Fortunately we have an entire library of healthy recipes to whip up for you and your family.

CLICK HERE TO SEE MORE RECIPES FROM THE **BETTER BITES LIBRARY**

HEALTHY HIGHLIGHT



SHER TJAARDA Wellness champion at BALSZ School District

My love for athletics inspired me to become a champion. Although I know I can't do as much as I used to, I still try to get out and do what I can. I want to promote wellness at my school, and motivate my colleagues to stay active!

This photo is from a recent trip my family and I took to Kaua'i. The most memorable experience was our kayak/hiking adventure. It was a 5 hour paddle down the Wailua River and a trek through the lush rainforest to Kauai's Uluwehi Sacred Falls.



DID YOU MISS NOVEMBER'S EVENTS?

BODY WEIGHT STRENGTH TRAINING	CLICK HERE
APPRECIATING THE SIMPLE THINGS	CLICK HERE
THE CASE AGAINST SUGAR WITH GARY TAUBES	CLICK HERE



