

Interfaith Family Services

Wellness & Self-Care

Calendar of Events & Activities

Month: March 2020

During the month of March, the **Wellness & Self-Care** department will offer the following activities and events to our families AND staff.

DATE	Activity
March 1 st – 31 st	Weekly Wellness & Self-Care Power Words: <i>Serve Goals Motivate Learn Compliment</i>
Monday, March 02 nd	Monday – Master – Pieces <i>Meditation</i>
Wednesday, March 04 th	Yoga
Wednesday, March 04 th	Cardio Dance Fitness
Saturday, March 07 th	The WELL Aware Cooking Experience <i>(Healthy Meal Prep Workshop)</i>
Wednesday, March 11 th	Yoga
Thursday, March 12 th	Zumba
Friday, March 13 th	Monthly Self-Care & Wellness Session for Staff <i>Cardio Dance Fitness & Zumba</i>
Monday, March 16 th	Monday – Master – Pieces <i>Motivational Speaker</i>
Wednesday, March 18 th	Yoga
Wednesday, March 18 th	Cardio Dance Fitness
Wednesday, March 25 th	Yoga
Thursday, March 26 th	Zumba
Monday, March 30 th	Monday-Master- Pieces <i>Guided Meditation</i>

“Creating a healthy culture and climate of wellness and self-care that will help us ALL optimize our health, decrease stress, and become the BEST version of OURSELVES!”