

SOUTHERN TIOGA SCHOOL DISTRICT FOCUS ON WELLNESS MONTHLY THEMES

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

- **SEPTEMBER** JOIN THE TEAM! WORK TOGETHER FOR A BETTER YOU!
- **OCTOBER** READ IT BEFORE YOU EAT IT!
- **NOVEMBER** EVERYTHING IN MODERATION
- **DECEMBER** GET OUT AND GET ACTIVE
- **JANUARY** HEALTHY RESOLUTIONS
- **FEBRUARY** A HEALTHY HEART IS A HAPPY HEART
- **MARCH** GO FOR THE GREENS
- **APRIL** POSITIVE / TRY SOMETHING NEW
- **MAY** SHAPE UP FOR SUMMER
- **JUNE** KEEP IT GOING (PRACTICE WHAT YOU'VE LEARNED!)