

BRAWLEY UNION HIGH SCHOOL

Wellness WEDNESDAYS

ONE WEDNESDAY PER MONTH



 ON ZOOM

CLICK LAPTOP OR USE THE LINK BELOW TO REGISTER
[HTTPS://BIT.LY/33PGVZL](https://bit.ly/33PGVZL)



Zoom link will be emailed upon registering

SPACE IS LIMITED- REGISTER NOW!

Oct. 21
Mindfulness
1:30-2:15 PM

Learn about mindfulness, the benefits, and ways to incorporate in your daily lives.



- GET RESOURCES**
- WIN PRIZES**

**Prioritize your wellness
and learn how to be the
best YOU!**

For more information or questions, contact

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