

WELLNESS WEEK

BE YOUR OWN VALENTINE
LOVE YOURSELF 

FEBRUARY 2021 · ISSUE 2 · VOLUME 1

GUIDED ART WITH PEACE OF WOOD

Create your own masterpiece LIVE with Kristina Young from Peace of Wood. Follow along as she helps you learn the basics of drawing, and watch as you create a one-of-a-kind piece of work. This is for all levels and ages. All you need is a piece of paper and writing instrument (pencil, crayon, etc). Or get creative and use any materials you have at home!

Wednesday, February 10th @
2:00pm

Click the Zoom link [HERE](#)

Meeting ID: 879 3229 1546
Password: 2F7ErR



PARENT & FAMILY ENGAGEMENT

Check out the district's Suite360 Program

This program includes a content library that responds to the growing list of challenges that students face.

Content includes videos, articles, and other engaging multimedia. All content is tagged by topic and grade and includes lessons on such topics as mental health, self-awareness & communication.

Click [HERE](#) of log in through <http://oceancity360.org>
Click Sign-up

Enter activation Code: oceancity





SELF CARE

Now, more than ever, it's important to meet our physical, emotional, and mental health needs. Find new ways to see the benefits of regular self-care.

Sign up for

Mindful Ways Workshops with Kate Lutz:

Monday, February 1, 2021 - 1pm-3pm

February 10 (Evening Session)

February 15

March 1

March 15

March 29

Register [HERE](#) for any date

FITNESS & MOVEMENT

FIT·NESS

/FITNƏS/

NOUN

THE CONDITION OF BEING PHYSICALLY FIT
AND HEALTHY.

FITNESS ISN'T JUST ABOUT LOOKING GOOD,
IT'S ABOUT FEELING GOOD AS WELL. LEARN
JUST HOW IMPORTANT FITNESS IS FOR YOUR
PHYSICAL AND MENTAL WELL-BEING.

CLICK [HERE](#) TO LEARN HOW WORKING OUT
CAN HELP WITH DEPRESSION AND ANXIETY.

XOXO



CAN CHOCOLATE BE HEALTHY? YES!

Changing your habits can be hard. And developing new habits takes time. Find ways to turn those bad habits into good habits. Join Lunch and Learn: A Functional Food Series Presented by Chris Zellers, Family and Community Health Science Educator of Cape May County for Rutgers Cooperative Extensions on 2/9 @ 12pm

Click [HERE](#) for registration information

YOGA & MEDITATION

Yoga & meditation combine physical postures, breathing techniques, and relaxation skills to bring you mind and body to a place of peace.

Click links below for how-to-videos:

[Yoga with Adrienne](#)

[Meditation](#)

SOCIAL CONNECTIONS

Join the OC Library for Digital Game Night for Young Adults
Every Saturday @ 8pm
Grades 8-12
Register [HERE](#)