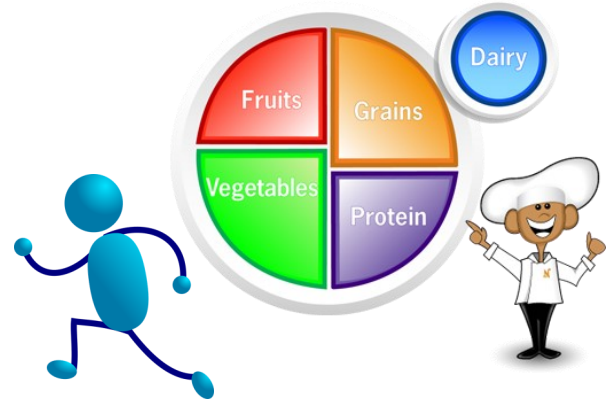










Sardis Wellness Week

Send a Message. Act Healthy, Be Healthy, Eat Healthy

We will celebrate Wellness Week events the week of February 14th-February 18th



 <p>MONDAY, February 14th Meaningful Monday <i>BELIEVE IN YOURSELF</i></p>	<p><u>Theme: "Love Yourself"</u> Students dress in their favorite outfit.</p>
 <p>TUESDAY, February 15th Tenseless Tuesday </p>	<p><u>Theme: "Stress Less, Relax, & Read"</u> RAD Day</p>
<p>WEDNESDAY, February 16th Wise Wednesday </p>	<p><u>Theme: "Healthy & Wise"</u> Students dress in the color of their favorite fruit or vegetable.</p>
 <p>THURSDAY, February 17th Thankful Thursday </p>	<p><u>Theme: "Be Thankful for Others"</u> Classes take time to highlight and compliment each other.</p>
 <p>FRIDAY, February 18th Fitness Friday </p>	<p><u>Theme: "Stay Fit"</u> Students dress in their favorite athletic gear.</p>

Mark your calendars for the dates above as we celebrate Wellness Week and pledge to make good choices and follow positive messages!