WINTER PROGRAM

JANUARY 3-6, 2023

HEALTHY INSIDE & OUT

- PROGRAM LEAD BLOOM -

$100-$150/STUDENT

Learning Objectives:

- How exercise plays a role in our physical and mental health (mind)
- How to make healthy snack alternatives (body)
- How to utilize meditation techniques (spirit)

Proposed Activities:

- Try meditation & various types of exercise
- Learn about & make healthy snacks
- Homemade beauty products
- Reflect on mindset & learn to slow down
- Practice healthy relationship skills - communication and community

SCAN ME!

FOR MORE INFO ON WINTER PROGRAM

Established 1867
OLDFIELDS
SCHOOL