

# Upcoming Wellness Workshops

**April 7th *Body Image During the Pandemic***

**April 14th *Heart Healthy Eating***  
with Stop & Shop Nutrition Partners

**April 21st *Family Paint Night***

**May 12th *Nutrition 101: Plant-Based Eating***  
with Stop & Shop Nutrition Partners



**NY Project Hope**  
Coping with COVID



**6:30pm-7:30pm  
on Zoom**

APPROVED FOR DISTRIBUTION  
APR 13 2022  
DR. PATRICK HARRIGAN  
SUPERINTENDENT OF SCHOOLS

Scan the QR code to access  
our group calendar

This is not a Half Hollow Hills  
School District sponsored or  
endorsed activity

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