

NEW BEDFORD PUBLIC SCHOOLS

2022-2023

WELLNESS OFFERINGS

XtremeHipHop with
Shocktroopfitness
Tobacco Cessation
Yoga with Cheryl Rocha
Building Healthy Habits
Behavior Change 101
Ask a Registered Dietician
Zumba Class with Cara Reis

NOVEMBER
17TH

**Keith Middle
School
Community Room
3:00-6:00 PM**

DECEMBER
8TH & 15TH

**Virtual
Wellness
Fair**

Cooking Demo
Holiday Dining Solutions
Goal Setting & Reaching
Shake It Up
Mindfulness 101
Supermarket Savvy
BCBS Exhibit
Stretch Your Pantry
Guided Stretch
Healthy Hydration
Ditch the Diet
Restorative Yoga