

2022-2023

www.newbedfordschools.org



VIRTUAL WELLNESS OFFERINGS

Check Out Our Upcoming Sessions

December 8th
2:00-5:00 PM

- Cooking Demo- From My Kitchen to Yours!
- Holiday Dining Solutions
- Goal Setting & Reaching Solutions
- Shake It Up
- Mindfulness 101
- Supermarket Savy



SCAN TO REGISTER

December 15th
2:00-5:00 PM

- Restorative Yoga
- Ditch the Diet
- Healthy Hydration
- Cooking Demo- From My Kitchen to Yours!
- Stretch Your Pantry
- Guided Stretch
- Supermarket Savy



SCAN TO REGISTER