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

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

DECEMBER
8th & 15th
VIRTUAL WELLNESS FAIR