



## Wellness Department



# Crocheting for all Levels

October 4 & 18 • November 8 & 16 • December 6 & 13  
 January 10 & 17 • February 7 & 21 • March 6 & 20  
 April 3 & 10 • May 8 & 15



5:30 – 7:00 PM • CAB Cafeteria  
*(Can't make it at 5:30?, come in at 6:00, no worries)*

Instructors: Rose Champion & Sandra Delgado  
 Call 956-698-0073 to sign up.

*Open to BISD employees and their children ages 10 and up.*

### HEALTH BENEFITS OF CROCHETING

Helps With Insomnia

Helps Relieve Depression

Reduces Stress  
and Anxiety

Reduces the Risk of  
Alzheimers by 30-50%