

2024-25 FCS CARES & Kaiser Permanente Wellness Wednesday Calendar

Date	Wellness Topic
September 18, 2024	Managing Stress: <i>Participants will identify their sources of stress, its effects on the mind and body, and learn strategies to build resilience.</i>
October 23, 2024	Taking Care of YourSELF: Sleep, Exercise, Love, Food: <i>Identify your sources of stress, its effects on the mind and body, and learn strategies to build resilience.</i>
November 20, 2024	Food and Mood <i>Learn to tune in to the body and mind and identify self-care practices to bring balance to eating and mood.</i>
December 18, 2024	Healthy Celebrations: <i>Explore ideas and resources to create healthy menus, maintain fitness, and address increased stress during holidays.</i>
January 15, 2025	Ready, Set, Goal: Creating Health Habits: <i>Choose a behavior you want to target and explore ways to strengthen your motivation with personal strengths.</i>
February 19, 2025	Find Your Joy: <i>Discover how positive psychology and practical strategies can nurture your own happiness. Create an action plan to cultivate joy.</i>
March 19, 2025	Cultivating Mindfulness: <i>Practice mindfulness while exploring its definition, benefits, and learning to be in the present moment.</i>
April 16, 2025	Finding More Margin in Your Day: <i>Get tips to lessen time stress, create healthier boundaries, and build more self-care and downtime into your day.</i>
May 14, 2025	Sun Safety: <i>Learn about ultraviolet rays, preventing sun damage, the signs of heat-related illness, and ways to cool down.</i>

Questions? Fultoncares@fultonschools.org

Wellness

Wednesdays



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