

**Southern Fulton School District
Invites You to a Wellness Committee Presentation!**

Date: February 19, 2025

Time: 9:00

****Location: Southern Fulton High School ****

Join us for an informative and engaging presentation on **wellness**! The Southern Fulton School District's **Wellness Committee** will discuss important topics related to **health, well-being, and resources** available to our students, staff, and community.

What to Expect:

- Overview of the district's wellness initiatives
- Strategies for maintaining a healthy lifestyle
 - Resources for students and families
 - Q&A session with wellness experts

The **Southern Fulton School District** recognizes that student wellness and proper nutrition are related to students' **physical well-being, growth, development, and readiness to learn.**

The Board is committed to providing a **school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity** as part of the total learning experience. In a healthy school environment, students will learn about and participate in **positive dietary and lifestyle practices** that can improve student achievement.

This event is **open to the public.** We encourage parents, guardians, staff, and community members to attend and learn how we can work together to promote **health and wellness** in our schools.

For more information, contact: Meredith Hendershot

We look forward to seeing you there!

