

MARCH INTO WELLNESS



**Shout Out to
Debary Elementary
for All of their
Outstanding Employee
Wellness Initiatives!**

- Wellness Walk & Talk Club
- Spa Days
- Make & Take Rice Packs

*Just to name a few things!
Great Job Debary!*

Let me know what your site is doing to support wellness!

Slight Delay in the Homerun 5k, in
the meantime...

Join Our **STEPUP** Challenge!

March 11 - April 8

4 weeks

Winners Announced on April 10th

See details below

**Don't forget to spend your
wellness funds before the end of
the school year!**

**If you aren't sure how much you
have reach out to
Melissa**

**SEE THE
FLYER
BELOW FOR
THE MARCH
WELLNESS
WORKSHOPS**

VCS Employee Wellness

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