

Broward County Public Schools

Your Choices. Your Benefits. Your Health.

The Benefits Department

UPCOMING DISTRICT WELLNESS EVENTS

WELLNESS EVENT	DATE	LOCATION	TIME
MARCH			
Wellness Wednesday (Exercise)	03/01/17	TSSC	12:30pm – 2:30pm
Yoga Class	03/03/17	Bayview Elementary	2:30pm – 3:30pm
Wellness Wednesday (Skin Screening)	03/08/17	TSSC	10:30am – 2:30pm
Wellness Conference (Transportation)	03/09/17	TSSC Annex	8:00am – 4:00pm
Wellness Conference (Transportation)	03/10/17	TSSC Annex	8:00am – 4:00pm
Zumba Class	03/10/17	Bayview Elementary	2:30pm – 3:30pm
Wellness Wednesday (Nutrition)	03/15/17	TSSC	10:30am – 2:30pm
Yoga Class	03/17/17	Bayview Elementary	2:30pm – 3:30pm
Wellness Wednesday (Stress Mgmt)	03/22/17	TSSC	11:00am – 2:00pm
Blood Drive	03/22/17	TSSC	1:00pm – 4:00pm
Mammography Van	03/24/17	Bayview Elementary	8:00am – 12:00pm
Health and Wellness Fair	03/24/17	Griffin Elementary	10:00am – 1:00pm
Healthy Recipe Demonstration	03/27/17	North Andrews Gardens	2:30pm – 3:30pm
Wellness Wednesday (Bone Density)	03/29/17	TSSC	10:30am – 1:30pm
Stress Management Seminar	03/29/17	Rock Island Elementary	2:30pm – 3:30pm
Stress Management Activities	03/30/17	Safety/Printing Services /PPO	10:00am – 12:00pm
Mammography Van	03/31/17	Lloyd Estates Elementary	9:00am – 12:00pm
Zumba Class	03/31/17	Bayview Elementary	2:30pm – 3:30pm

For additional information regarding any of the Wellness Events listed above, please contact Mrs. Tina Severance-Fonte, Wellness Coordinator via email (tina.severance@browardschools.com) or at (754) 321-3101.

NOTE: Events and dates are subject to change without notice, please visit the Benefits Department website often at www.broward.k12.fl.us/benefits.