

# Broward County Public Schools

Your Choices. Your Benefits. Your Health.

## The Benefits Department

### UPCOMING DISTRICT WELLNESS EVENTS

WELLNESS EVENT	DATE	LOCATION	TIME
<b>AUGUST</b>			
Mammography Van	08/05/2019	KCW	8:00am – 12:00pm
Mammography Van	08/07/2019	Coral Springs HS	8:00am – 12:00pm
Mammography Van	08/08/2019	Nova Dwight Eisenhower ES	8:00am – 12:00pm
Stress Management	08/08/2019	Cypress Run Alternative Ctr	10:30am – 1:30pm
Health Fair	08/09/2019	Parkside ES	9:30am – 12:30pm
Mammography Van	08/09/2019	Heron Heights ES	11:00am – 2:00am
Nutrition and Healthy Eating Seminar	08/12/2019	Cypress Run Alternative Ctr	10:30am – 1:30pm
Mammography Van	08/12/2019	Parkside ES	8:00am – 12:00pm
1:1 Nutritional Consultations	08/13/2019	Cypress Run Alternative Ctr	9:00am – 4:00pm
Mammography Van	08/13/2019	Stoneman Douglas HS	8:00am – 12:00pm
Art Therapy and Meditation	08/13/2019	Homeless Education Department @ Joseph Carter Park	1:00pm – 4:00pm
Meditation Class	08/20/2019	Lakeside ES	2:20pm – 3:20pm
Art Therapy and Meditation	08/21/2019	Professional Standards Department @ TSSC Annex Bank Lobby	9:30am – 12:30pm
Mammography Van	08/26/2019	TSSC	8:00am – 12:00pm
Nutritional Seminar	08/29/2019	KCW	1:00pm – 2:30pm
<b>SEPTEMBER</b>			
1:1 Nutritional Consultations	09/04/2019	TSSC	9:00am – 4:00pm
Meditation Class	09/24/2019	Lakeside ES	2:20pm – 3:20pm
Organic Gardening	09/25/2019	Parkridge ES	1:45pm – 2:45pm
<b>OCTOBER</b>			
Art Therapy and Stress Management	10/16/2019	Dillard 6-12	12:00pm – 3:00pm
Meditation Class	10/18/2019	Coral Springs HS	9:00am – 10:00am
Zumba Class	10/30/2019	Parkridge ES	1:45pm – 2:45pm

For additional information regarding any of the Wellness Events listed above, please contact Mrs. Tina Severance-Fonte, Wellness Coordinator via Outlook or at (754) 321-3100.

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