



Week of June 11th – July 16th

Are you ready for change? After starting strong, with good intentions, have you become stuck? If there is any aspect of your physical or mental well-being that you'd like to improve, Resolution Reboot, taught by Michelle Zellner of Better Beings, is for you! Weekly classes, plus 2 1:1 coaching calls and other accountability exercises are part of the 5-week program and topics include the following: Habits of Healthy People, Ready, Set, Lose, Eat These Foods, The Power of Exercise , Decades—Your Healthy Self Throughout Life .

Mondays @ EGC 12PM-1PM

Thursdays @ Cheltenham Elementary 9AM-10AM

Thursdays @ Bromwell Elementary 5PM-6PM

Spots are limited... apply today!

Registration Closes Friday, May 11th

<https://tinyurl.com/resolutionreboot>



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Employee Wellness
Supporting the Whole Educator