

Join us for HEALTHY ACTIVITIES NIGHT at Sierra Middle School on January 26th from 5-7pm!

Join the Sierra Counseling Department and Sources of Strength as we use one night to share positive strategies for you and your family to address stress and anxiety!



Healthy Eating:
Enjoy a smoothie and
learn important
nutritional info!



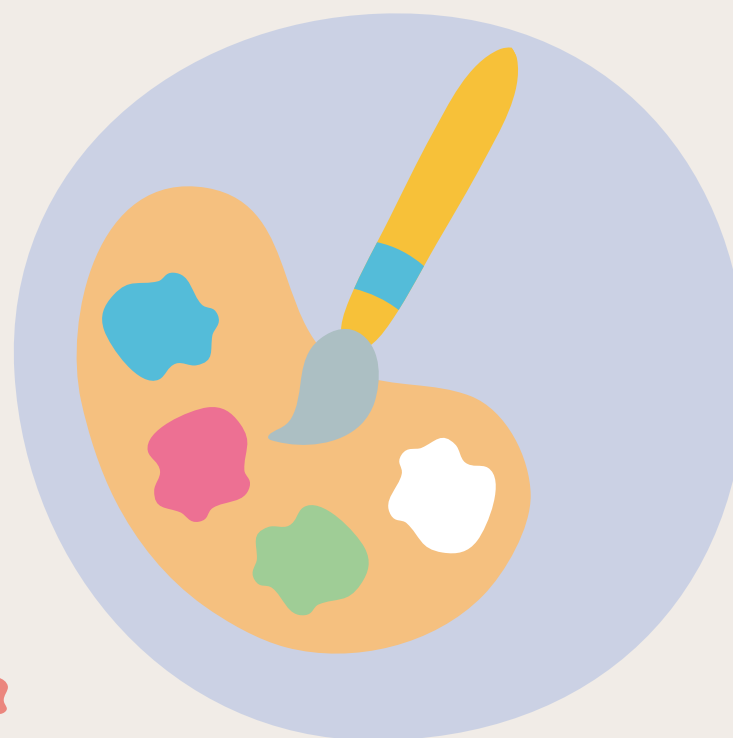
**Animal
Therapy:**
Show some care
and love to some
guest therapy
dogs!



Yoga:
Experience
stretching and
positive
movements to
effectively
handle stress.



Games:
Enjoy time with
family, friends,
and fun!



Creativity:
Learn some new
art activities to
find your calm.



Sports:
Mix exercise and
fun with a positive
team effort.