

# Wellness News



**2nd Quarter end February 29, 2020**  
**Activity challenge is the only task!**

**Pacific Crest Team Challenge:**  
**End March 1, 2020**  
**Upload your steps to Virgin Pulse**

## KINDNESS CAMPAIGN—MARCH 2-15

Kindness is simple, but very powerful! Choose to do something kind for self, others, family and planet. Post your stories and pictures to our social media pages:



@pcsdwellness



PCSD WELLNESS PROGRAM

## **-SAVE THE DATE-**

**Wellness seminar: healthy eating in a hurry**

**March 25, 2020 4:00 pm**

**PDC building \*adjacent to the district office**

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