

PCSD WELLNESS

# TEAM CHALLENGE



# MINDFUL EXPLORATION

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**WE WILL BE GOING AROUND THE WORLD TO LEARN ABOUT DIFFERENT MINDFUL PRACTICES FOR THIS TEAM STEP CHALLENGE.**

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**REGISTRATION BEGINS JANUARY 16, 2023  
CHALLENGE STARTS JANUARY 30, 2023  
CHALLENGE ENDS FEBRUARY 26, 2023**