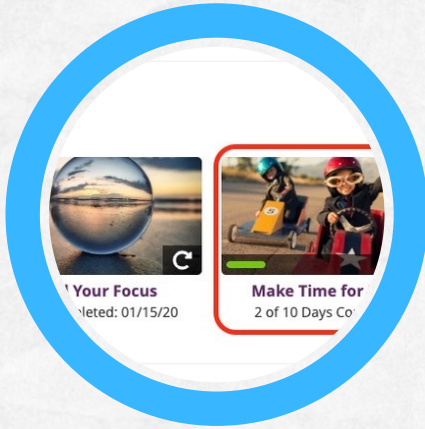




# PCSD Wellness



## Journey in Virgin Pulse

Complete your journey by April 30th to receive credit.

Remember you get a \$5 gift card for the first journey you start and finish.



## Activity Challenge

District-wide challenge ended March 26. Show your Wellness Manager or Cat Miner the steps you tracked to receive credit. Deadline is April 12th.



## Writing Workshop

Sign up for the Writing & Reflection Workshop. It will be held in the PDC at the District Office on April 25. Workshop starts at 5:00 pm and each participant will receive a journal and pen.



Wellness Year ends April 30, 2023. If you have completed an Activity Campaign for the second half of the year and one journey you will receive the incentive in May.