### WELLNESS TIP OF THE MONTH

Challenge yourself to spend an hour a week practicing self-care. Some examples are going for a walk, cleaning your room, or petting your dog.
WELLNESS TIP OF THE MONTH

Make sure you are getting at least 7-8 hours of sleep. To make sure you get the best sleep, make sure to limit your screen time before bed.
Try to get 30 minutes of physical activity everyday. You can do this by going for a walk, dancing, weight training or swimming.
### APRIL

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- Speedy Live Session "National Kids and Pets Day"
- Murphy Live Session
- Polo Live Session
- Elroy Live Session
- Minnie Live Session
- Final examinations
- Willow’s Live Session
- Zak Live Session
- Suri Live Session
- Micah Live Session
- Muk Live Session
- Minnie Live Session
- "Adopt a Shelter Pet Day and National Therapy Animal Day"

**WELLNESS TIP OF THE MONTH**

Make sure you are getting fresh air. Spending time in nature has been found to promote well-being and is good for your health!