

WALL HIGH SCHOOL WELLNESS NIGHT

MARCH 29, 2023
5:30-7:30PM

SCHEDULE OF ACTIVITIES:

5:30-5:50

LETTING GO AND MOVING FORWARD:
FULL GROUP ACTIVITY
CAFETERIA

5:50-6:20

YOGA WITH
YOGA CLUB
CAFETERIA

OR

THERAPY DOGS WITH
PEACE FOR PAWS
SOUTH GYM

6:20-6:50

ZUMBA WITH
DANCE CLUB
SOUTH GYM

OR

ZENTANGLES
WITH ART CLUB
CAFETERIA

6:50-7:10

MEDITATION WITH
BE WELL CLUB
ROOM D-2

OR

HEALTHY HABITS
WITH ANTI-BULLYING
TASK FORCE
CAFETERIA

7:10-7:30

CLOSING AND THANK YOU
CAFETERIA