



# ATHS Wellness Days

**Thursdays during Advisory  
@ Library - Limited Space**

REGISTER NOW



September 28, 2023

**Step into a world of opportunities!**

Build lifelong connections, and shape future successes. You will discover the power of networking. Gain the skills that will propel you towards achieving your dreams.

**"HAVE YOU TRIED JOURNALING?  
WHAT ABOUT ACUPUNCTURE?  
A SPA DAY? HOT TEA?"**



October 26, 2023

**Treat yourself: Self-care edition**

Gain tools and strategies to decrease stress and learn tips to help build and care for the best version of YOU!

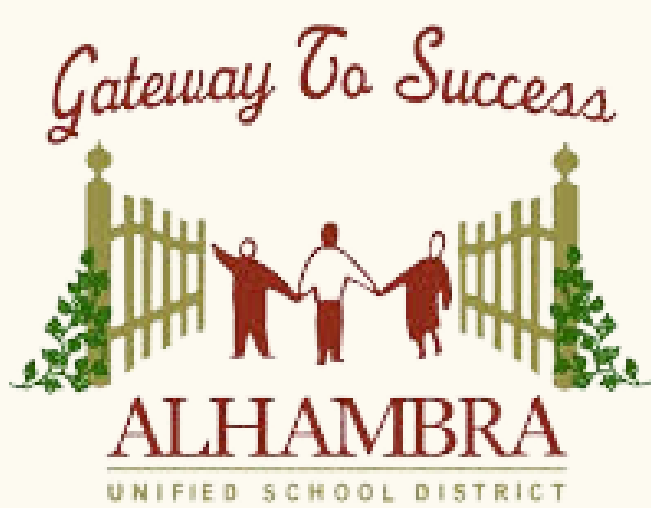


December 7, 2023

**Unlock your FULL potential with a growth mindset!**

Are you ready to learn how to overcome challenges and embrace failures. Acquire the tools and strategies to fuel growth, resilience, and endless possibilities

**\*\* Attend the workshops to be entered into a prize raffle. The more workshops you attend the higher the chance to win! \*\***



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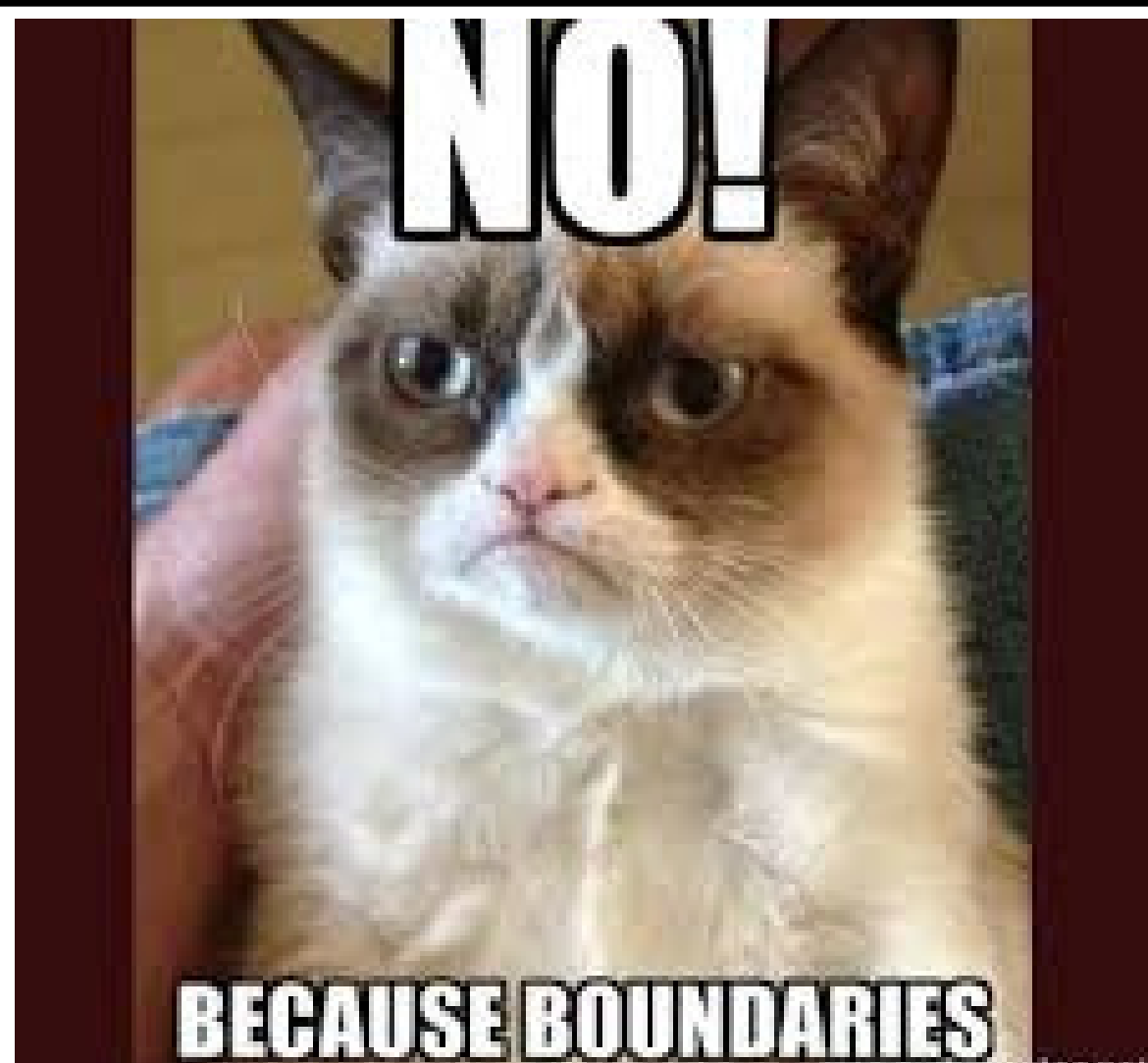
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January 25, 2024

**Ready for a social media cleanse?**

The good, the bad, and the ugly: tips to wise posting and use of time in the world of social media. Learn to be mindful of your time.



February 22, 2024

**Learn to say no to protect your inner peace!**

Set healthy boundaries and build trusting relationships at home, school, and with friends. Work on voicing your concerns about what is unhealthy for you.



March 7, 2024

**You are not alone and you are enough!**

Sometimes we struggle to feel like we belong or deserve to be there. Develop skills for navigating life's transitions and challenges.