



PASADENA ISD
On the Move to a Healthier You



SAVE THE DATES

2016-17 EMPLOYEE WELLNESS CHALLENGES



Move More Mondays

Sept. 19 - Sept. 30

Focus:
Physical Activity



Try it Tuesdays

Nov. 29 - Dec. 10

Focus:
Nutrition



Wellness Wednesdays

Feb. 6 - Feb. 17

Focus:
Wellness



Thirsty Thursdays

April 3 - April 14

Focus:
Drink More Water