

Wellness Wednesdays for April

April 5th



Duo Day

Ketchup and mustard? PB
& J?

Thinking of duos this spirit
day!



April 12th



Pink Shirt Day

Let's think kindness
on Pink Shirt Day!
Consider compliments and
kind words to say!



April 19th



Tie Dye Day

Vibrant colours and patterns galore!
That's what this spirit day has in
store!

April 26th



Icon Day

Thinking of heroes in sports, movies, online.
This spirit day honours them right at this
time!

