

JUST FOR THE HEALTH OF IT!



JOIN THE NRSO SCHOOL HEALTH ADVISORY COUNCIL
FOR THE 2017 HEALTH AND WELLNESS EXPO

WHEN: WEDNESDAY, MAY 17TH FROM 2:30-7 PM

WHERE: NASHOBA REGIONAL HIGH SCHOOL

INTERACTIVE DEMONSTRATIONS AND EXHIBITIONS OF HEALTH AND WELLNESS TOPICS
SUCH AS:



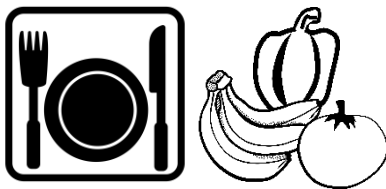
FITNESS

MINDFULNESS

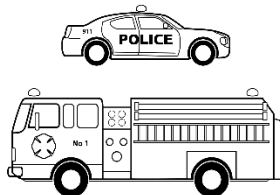


**MENTAL
HEALTH**

SAFETY PROGRAMS



NUTRITION



FIRST RESPONSE



FAMILY PASTA DINNER

SPONSORED BY: NRSO SCHOOL NUTRITION DEPARTMENT

QUESTIONS? CONTACT DONNA LINSTROM, DISTRICT HEALTH AND WELLNESS COORDINATOR, DLINSTROM@NRSO.NET