

# Healthiest You Series

Virtual Education

District 87 Schools and OSF HealthCare St. Joseph Medical Center are teaming up to provide our families valuable education to promote overall health and wellbeing. Take this FREE journey with us.

**WHEN: Mondays, January 25 – March 8, 2021, 2:00 – 2:30 p.m.**

**January 25:** “COVID 15” – If the pandemic has shown up on the scale, we’ll help you trim down in a healthy way.

**February 1:** “What’s on Your Plate?” - Simple but powerful ways to fill your plate with healthy, affordable, family friendly foods.

**February 8:** “Sleep Tight” – Mend your body and mind while getting quality ZZZs.

**February 22:** “Stress Less” – There is no room for stress. Conquer stress with quick and easy tips.

**March 1:** “Move More” – Incorporate activity into everyday life without even thinking about it.

**March 8:** “Increase Quality Family Time” – Increase communication and improve the bond between those you live with.

To register or for questions, email Caroline Bubulka [bubulkac@district87.org](mailto:bubulkac@district87.org)



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