

DBHS Virtual Wellness Week Schedule



This week, Monday to Friday, at 1 pm
 @dbhswellness on Instagram
 dbhswellnesscenter.com
 #spreadwellness

MONDAY

Self-Care

Learn About Self-Care
 Scrapbooking

TUESDAY

Social

Zoom Calls with Friends

Connection

Writing Letters

WEDNESDAY

Self-Care

Developing a Workout Schedule

General Self Care Tips

THURSDAY

Positivity

Painting

Gratitude Journaling

FRIDAY

Civic

Teen Voter Registration

Engagement

Homemade Mask Making

+ a recipe for a cool meal of the day that you can make at home!