FRISCO ISD

Student & Parent Empowerment Program:

WELLNESS 365

20 May 2017

9 AM-12 PM

Student Opportunity Center

6928 Maple Street
Frisco, TX 75033

The final session of the school year will examine the seven dimensions of wellness including social, emotional, spiritual, environmental, occupational, intellectual and physical wellness. Join us for this interactive seminar examining your habits, what you value and ways to find balance in life. Complete your own wellness wheel and get tips for a healthy and fun summer for the entire family.

Open to all K-12 students and their parents. Please RSVP to 469.633.6005 ext. 567.

For more information, please visit http://bit.ly/2d3qL1h or email vernonl@friscoisd.org.