

# Morning Announcements



## August

## National Wellness Mont

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Good morning Eagles Family (insert school name or mascot here)! Welcome back to school! August is National Wellness Month. Maintaining a healthy emotional balance helps us make healthy choices, have good relationships, achieve our goals, and take good care of our brain!

It is important to learn techniques to stay healthy in six areas of our lives including: emotional, academic, physical, social, intellectual, and spiritual. Thus, you will have the opportunity to learn more \_\_\_\_\_(insert text from checked boxes below).

- From your counselor, teacher, or nurse
- During the homeroom or advisory class activity
- At the information table in the library, lunchroom, or (other public area)
- In this week's health classes
- In the KnowYourNeuro.org website
- Other \_\_\_\_\_