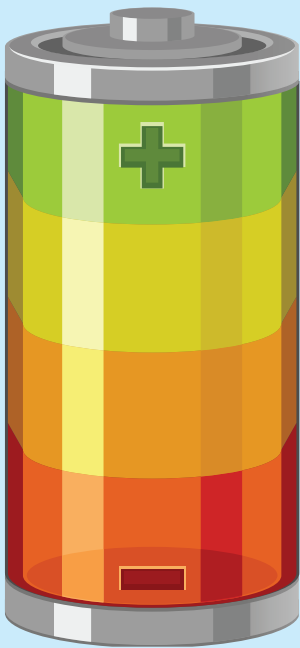


eat right  
move more  
SLEEP well  
think positively



ALWAYS **b e**  
CHARGING

CHELTENHAM  
SCHOOL  
DISTRICT

*Mindfulness  
Month*

MAY 2016



What gets

**YOU**

fully charged?

