

Welcome to Wellness

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welcome to
WELLNESS

Wellness Feed



Visit the [Macro Examples](#) page to see the **RSS Feed** macro in action.

How'd you do today?



- start the day with a healthy breakfast
- give those eyes a break
- connect with a friend
- take a walk!
- hit the hay at a reasonable time

image source: <http://flic.kr/p/ab95QJ>

Upcoming Classes

Class Name	Day	Time	Venue
Yoga Basics	W	5:30	Courtyard
Healthy Meals For One	3.22	6pm	Staff Area
Workplace Health	4.05	10am	Meeting Room

About this Project

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