

# Welcome to Wellness

## Theme Press Tour Guide

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Lesson Theme Overview

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Lesson Copy and Select Theme

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Lesson Design Theme

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## 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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