



The School of Wellness, a healthy lifestyle challenge, kicks off this week in Rosetown and Kindersley. Over the next nine weeks participants will be gaining valuable knowledge on how to live their healthiest while having fun. The School of Wellness is being provided by the Heartland Health Region, Pharmasave, Rivers West and other community partners and supporters. The nine weekly informational sessions are open to the public as well as participants in the challenge and will be held in the Kindersley Elks Hall and in the Rosetown Civic Centre Rose Room from 7:00-8:00 pm. Sessions will be as follows:

- Week 1: January 12th—Kick Off and Starting Measurements
- Week 2: January 19th—Let's Get Moving
- Week 3: January 26th—Healthy Eating
- Week 4: February 2nd—The Power to Change
- Week 5: February 9th—Live Well with Chronic Conditions
- Week 6: February 16th—Healthy Outlook, Healthy Spirit
- Week 7: March 2nd—Healthy Grocery Shopping
- Week 8: March 9th—Active Living and final measurements
- Week 9: March 16th—Wrap Up Celebration and Announcement of Winners

For more information in Kindersley contact Ryan Fabbro at 463-1000 ext 259. For more information in Rosetown contact Debbie McCulloch at 882-2134.

