

“Knowing
yourself
is the beginning
of all wisdom”
Aristotle

**THURSDAY, APRIL 29
PERIODS 4, 5 AND 6 ROOM W321**

**ASSERTIVENESS: IS THIS A ‘GRIT’
SITUATION OR AM I IN OVER MY HEAD?**

- Navigate stress
- Seek balance
- Persevere to reach your goal

ALL STUDENTS WELCOME!

BRING YOUR LUNCH!

Balance

Reflect

Plan

Persevere

**Push through OR
is there too much
on my plate?**

**STUDENT WELLNESS
SERIES**

