



CLARKSTOWN HS SOUTH

HEALTHY HEARTS

SEL-ebration



February 15th
during activity & lunch periods

Information & Demonstrations by:

- CANDLE
- Center for Safety & Change
- CHSS Clubs: Assets, GSTA, Mindfulness
- Clarkstown Police Dept
- Department of Health
- Donate Life Rockland
- Hudson Valley Paws for a Cause
- Jacobs Wellness Center
- PFLAG
- Pride Center
- ShopRite Dietitian
- ...and more!

Scan the QR code to sign up for:

Instructed Classes:

- Cardio Kickboxing
- Meditation
- Yoga
- Zumba

Physical Fun

- Hot Shot (b-ball) Contest
- Ping Pong
- Weight training (open gym)

Cooking Class: preparing healthy snacks



Scan to
sign up!

