

WCV Wellness

April 2024

Wellness Activities



Let's share some good tunes! [Here's](#) a place to add a song that fits each day's description. I'll email a daily reminder with the new song type to add. This is a chance to share some of your favorite songs with your coworkers! Can't wait!



Share a Recipe



[Ham Balls](#)

Remember!

Wellness Reminders

Gardening is great! Check out [these](#) ideas for getting started.



Ready to get outdoors? [Here](#) are some great places to hike in Iowa.



Links to Teacher Discounts



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Click [here](#) and [here](#) for even more educator discounts.