

Welcome to Wellness

Theme Press Tour Guide

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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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