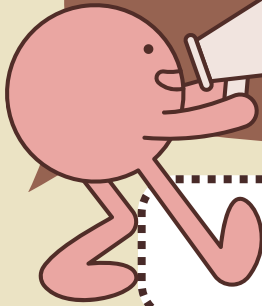


THE NORTH STAR



**OCTOBER 2024
EDITION**

WILLOW BRANCH - MENTAL HEALTH MONTH

RECAP

IN SEPTEMBER, WE FOCUSED ON NUTRITION AND FITNESS. STUDENTS WATCHED ENGAGING VIDEOS ON THE IMPORTANCE OF FRUITS, HYDRATION, AND THE IMPACTS OF JUNK FOOD, SALT, AND SUGAR ON MAY HAVE ON OUR BODIES. WE ALSO ENJOYED VARIOUS OUTDOOR GAMES TO INCORPORATE THE FITNESS ASPECT OF OUR THEME, PROMOTING ACTIVE LIFESTYLES.

NEXT MONTH, WE'RE EXCITED TO SHIFT OUR THEME TO MENTAL HEALTH, WHERE WE'LL EXPLORE STRATEGIES FOR EMOTIONAL WELL-BEING!

UPCOMING EVENTS

FALL BREAK - OCTOBER 14 - OCTOBER 18
FALL FESTIVAL - OCTOBER 19 @ 12PM - 3PM
CLASSROOM BIRTHDAY PARTY- OCTOBER 31

COMPUTER LAB HOURS

JOIN OUR COMPUTER USAGE PROGRAM ON TUESDAYS AND THURSDAYS FROM 1 PM TO 2 PM FOR SUPPORT WITH:

- JOB SEARCHING, FILLING OUT APPLICATIONS, ONLINE PAYMENTS, DOCUMENT CREATION, EMAIL SETUP, & BASIC TECH SKILLS

ENHANCE YOUR DIGITAL SKILLS AND BOOST YOUR CONFIDENCE!

TWINKLING RESOURCES

MARY HALL FREEDOM VILLAGE'S MENTAL HEALTH RECOVERY SERVICES PROVIDE EDUCATION ABOUT MENTAL HEALTH DISEASES/ILLNESSES FOR ADULT WOMEN. QUESTION? 770-642-5500

EA MEETINGS ARE DESIGNED TO BE OPEN TO ANYONE WITH A DESIRE TO IMPROVE THEIR MENTAL HEALTH. QUESTION? 16516479712

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