

A Wellness Professional Development Opportunity for PCSB Employees!

The Mayo Clinic Plan - 10 Essential Steps to a Better Body & Healthier Life

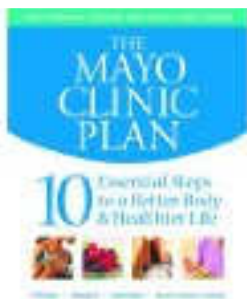
Date	Jim Miles	Sleepy Hill	Bartow Sr.	Mark Wilcox
4/14	Self Care	Nutrition	Stress	Fitness
4/21	Fitness	Self Care	Nutrition	Stress
4/28	Stress	Fitness	Self Care	Nutrition
5/5	Nutrition	Stress	Fitness	Self Care

All classes 4:30 pm – 5:30 pm • Attend all 4 sessions at any location

Register for each class online through PDS Scheduler at:

<http://pds.polk-fl.net/login.asp>

- **Jim Miles Professional Development Center** - 5204 US Highway 98 South, Lakeland, Florida 33813; *Live Oak Room*
- **Sleepy Hill Elementary** - 2285 Sleepy Hill Road, Lakeland, 33810; *Media Center*
- **Bartow Senior** - 1270 S Broadway Ave, Bartow, 33830; *PC Lab 2*
(Turn into the school at Tharp St.; pass the first building; turn right; drive through the opened gate and park in front of the Media Center on the left hand side)
- **Mark Wilcox Center** - 611 Post Avenue SW, Winter Haven, 33880; *Conference Room*



Attend **ALL 4** classes and receive
8 in-service points
and a **FREE** copy of the informative,
attractive textbook:
*The Mayo Clinic Plan – 10 Essential Steps
to a Better Body & Healthier Life*

Please contact the Wellness Team at 648-3057 for more information! We look forward to seeing you there!