



AUGUST 2026: Wellness Workshops

AUG 1
10:30am-12:30pm

BACK TO SCHOOL: BALANCE AND BOARDS

An interactive workshop designed to help educators create their most confident, *balanced* school year yet. Open to any K12 employee.

You'll leave this workshop with:

- a teacher specific wellness plan
- healthy boundaries to protect your time and energy
- sustainable habits to prevent burnout
- an actionable back-to-school plan for mental and physical clarity

\$20

We'll also do a *vision board* activity to visualize our wellness plan!

AUG 14
6:00pm-8:00pm

PAINT N SIP

Leave the stress behind and join us for an evening of creativity, connection, and relaxation.

Enjoy a guided painting experience while creating your favorite drink at our Dirty Soda Bar. No artistic experience required! Just come as you are, bring a friend, and give yourself permission to slow down.

\$45

Open to any K12 employee.

AUG 27
6:00-7:00pm

REST AND RESTORE

Rest & Restore is an interactive workshop designed to help educators reconnect with their bodies through gentle, restorative movement.

Participants will use a variety of bodyweight exercises to relieve tension, improve posture, and support overall well-being.

\$20

Through guided stretching and mindful movement, teachers will learn practical techniques to reduce physical stress, increase mobility, and feel more energized.

Give yourself the opportunity to rest and restore! No experience required, just a good attitude... :)

[RETURN TO WEBSITE](#)