

# Wellness Wednesdays: COPING WITH COVID

**OEA's Wellness Cadre is launching a series of "Wellness Wednesdays" for the school year.**

All programs will be virtual via Zoom; advanced Registration is required. Prizes for the first 25 members to sign up and show up!

[www.ohea.org/wellness-wednesdays-events/](http://www.ohea.org/wellness-wednesdays-events/)



**OCTOBER 20, 2021 AT 6:30 PM**

## **Bully Prevention: Responsibility, Resources, and Possibilities**

October is National Bully Prevention Month. Wellness Cadre Member, Becky Miller, will present information on responsibilities of educators, available resources, and the possibilities of creating a safe, welcoming, and affirming environment for all students and staff that is free from bullying.



**DECEMBER 8, 2021 AT 7:00 PM**

## **Cookie Decorating**

Holiday Decorating Class Hosted by Amber James. Supplies list provided upon registration.



**FEBRUARY 23, 2022 AT 6:30 PM**

## **Virtual Paint and Sip**

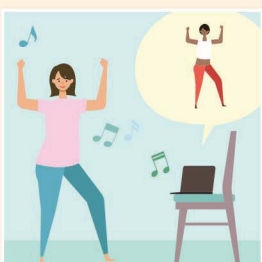
Grab a glass of wine or a mocktail and join us with CEA Art Teacher, Annelise Taggart, for some relaxing painting fun!



**MARCH 23, 2022 AT 6:30 PM**

## **Round Table Discussion**

Join the Wellness Cadre, OEA VP Jeff Wensing, and OEA Government Relations Matt Dotson for a legislative roundtable discussion. Legislation, current topics related to social and emotional learning, and advocacy for wraparound services will be discussed. Members will learn about available resources and upcoming Wellness Wednesday events.



**MAY 25, 2022 AT 6:30 PM**

## **Letting Go!! End of Year Event**

Virtual scavenger hunt, Kahoot trivia, dance-off!