



WHAT'S HAPPENING IN WELLNESS

AUGUST 2023



WELCOME BACK

Day 1 is upon us, and I hope you all enjoyed your summer break. From spending time with family and friends, to going on a vacation, or just relaxing at home, I hope you were able to find rest, relaxation, and rejuvenation!

If you're new to Atlanta Public Schools or returning for another school year, you are

appreciated.

We thank you for saying YES to APS!

The well-being of all staff - from the bus line to the lunch line or the classroom to CLL - is a district priority. Be sure to join and partake in the many initiatives, challenges, resources, and services we have to promote staff well-being.

Let's #BeWellAtAPS

-Phaedra Brown, Program Director Employee Well-being

EVENTS THIS MONTH

Weekly

Meditation Monday
Walk It Out Wednesday

August

Aug 7-11: [Welcome Back Wellness Week](#)

Aug 10: APS @ ABG; Yoga Edition*

Aug 17, 5:30 PM: [Credit Building 101](#)

Aug 22: [Generation Health](#)⁺

*ABG Membership Required
+Registration Required



For additional information

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OUR PARTNERS

[Emory Urgent Behavioral Health Services](#)

[Deer Oaks EAP Service](#)

[Operation Hope](#)

[The Namaste Project](#)

[Do The Most Synergistic Wellness](#)

[Atlanta Botanical Gardens \(ABG\)](#)

[Working Advantage](#)



MEET THE TEAM



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