

MDHS Health & Wellness Day to Support Anti-Bullying Week

Health & Wellness Day at M.D.H.S. provided an opportunity for students to exercise self-care, placing importance on mental and physical health, as well as personal wellbeing. The day was chosen to coincide with bullying awareness and prevention week as it speaks to the significance of loving yourself and others, while building community within each workshop. The staff and student involvement made the day a great success and M.D.H.S. is looking forward to hosting this event for years to come.

M.D.H.S. would like to sincerely thank Juanita Vongsouphath from Listowel Vision Care, Tamara Hamilton from Dynafit in Listowel, Tabitha Holke from Synergy Health and Fitness, Brenda Groenestege from Therapy Dog: Given by a Gentle Giant, Kimberly Whyte from By Peaceful Waters, and from Live Well 4 Life gym,: AJ Moses, Jen Moses, Michelle Watcher, Michael Wydevan, Kim Patton, Lindsay Harmer, Jessica Sykes, Deni Wolfe, Brent O'Rielly, Erin Matheson, Jaclyn Seebach, and Emily Rose. Our Health & Wellness Day would not have been a possibility, without these individuals, we are so grateful that each individual took time out of their day to educate the staff and students of M.D.H.S.

Below, Lloyd is receiving much love from a number of MDHS students.



Above, Deni Wolfe, from the Live Well 4 Life gym, guides MDHS students through a Joga lesson.



Left, A.J. Moses, from Live Well 4 Life, receives some acupuncture.

We would also like to take a moment to thank our MDHS teacher Heidi Schlumpf and her HSP 3C/3U class for all the work and effort they put into pulling together this event. Many many community members and students came together to celebrate and learn about healthy living and it would not have happened without their efforts!!