WELL-BEING

Use this page to plan your wellbeing exercises to create a weekly routine.

	SELF CARE	MOVEMENT	NOURISHMENT	LEARNING
MOM				
TUES				
WEDNES				
THURS				
FR				
SAT				
SUN				

These files are available for digital download on the Student Portal; GeorgianCollege.SharePoint.com ▶ Student Life / GCSA ▶ Student Planner









