

Wellness 360

NEWSLETTER

January 31, 2022

Looking Back on January



Welcome to Wellness 360!

Welcome to our brand-new winter to spring Wellness 360 Class! Here at DSAW, we are excited and honored to offer such a unique whole-person-wellness focused curriculum that includes 2 daily workouts! Our structured day starts with morning yoga and a stretching routine, followed by an in-depth instructed wellness lesson, lunch, and ending our day on the fitness floor to work out together. Participants in this class will focus on the following areas during our wellness lessons: *nutrition education, food portions and control, personal wellness goals, physical hygiene, mental health, creating healthy habits, and personal safety.* Every lesson will be guided for the participants to incorporate what they learn into their daily lives. Each month, all participants will create personalized monthly wellness goals that we can learn how to reach together. Participants have the opportunity to hang out with friends, enjoy exercising and learn about their health!

Get to Know our DSAW Wellness 360 Instructor!



Jolene Deppisse Jolene is our Nicolet Program Coordinator and has been with DSAW for 3 years!

Hobbies: Jolene enjoys cooking, loves to read, travel & hiking.

Fun Fact: Jolene has traveled to 9 different countries!

Pets: Jolene has a dog named Wiley.