

Jordan Health and Wellness

Tuesday Tips

September Topics

Grab your lunch and learn with us virtually every Tuesday at noon for less than 30 minutes!

These webinars are aimed to help support wellness at home during this complex time. If you are unable to join us live, look for the recordings on our website: wellness.jordandistrict.org



9/8/20 @ 12:00pm - **Back to School 101:** How to set up routines for success

9/15/20 @ 12:00pm - **Addressing Physical Needs to Increase Well-Being:** Why physical needs matter and tips to help ensure you're meeting them

9/22/20 @ 12:00pm - **Behavior ABC's:** Behavior basics to understand why children behave the way they do

9/29/20 @ 12:00pm - **Ending Power Struggles:** How to recognize and end power struggles in the home

TO JOIN

Join Zoom Meeting

<https://zoom.us/j/91795890545?pwd=SEhkYktyS3J2emYxO0trTFBOVzRYQT09>

Meeting ID: 917 9589 0545

Passcode: 8kncN7