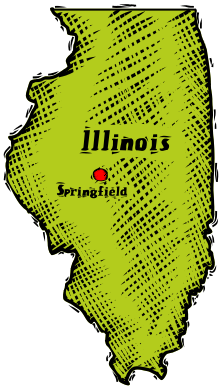

Illinois School Counselor Association

"Counselor Appreciation Week"

All Educators Are Invited

"Wellness Works"

Wednesday, February 8, 2012

4:00 p.m. – 6:00 p.m.

Jacksonville High School Auditorium

Dr. Hyrnewych, M.D.	"Cervical Health Awareness"
Karen Sibert, Nutritionist	"Quick and Healthy Meal Plans" Choosing My Plate Program +Body Fat Analysis Measuring
Yoga Instructor	Renew Yoga Class
Cindy Weger, Nurse	Blood Pressure Checks (Feb.1-8 during school hours)

Networking, Inner Harmony Massage Raffle Drawing, CPDUs