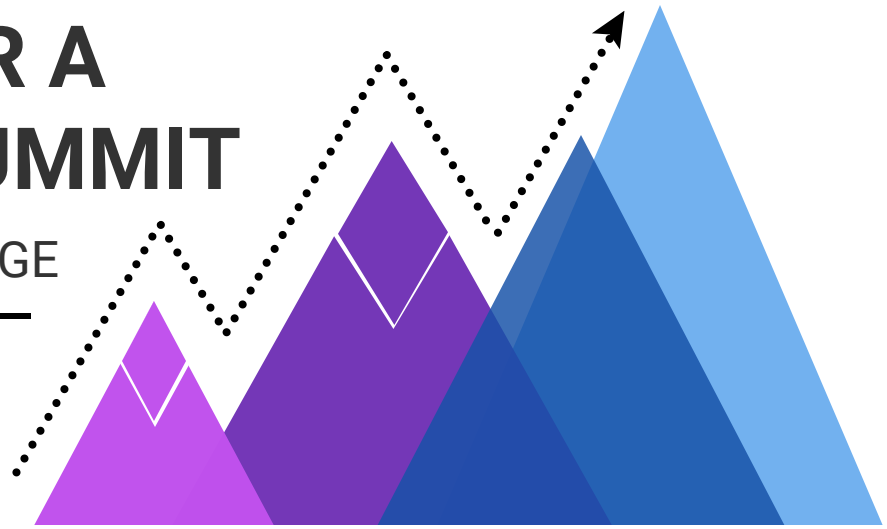


PREPARE FOR A SUCCESSFUL SUMMIT

WELLNESS CHALLENGE

**HEALTHY BODIES
ACTIVE MINDS**
COLUMBUS CITY SCHOOLS



JOIN THE SEL SUMMIT

Being ready to learn takes much more than just willpower - it takes preparation and planning. **Sign up for the SEL Summit!***

*The first 250 people to sign up will receive a free t-shirt.

[Click Here to Register](#)

GO WITH A GUIDE

Ask colleagues to sign up to participate with you. Click the links below to learn more about the benefits of working and collaborating with others:

[Benefits of Collaboration](#)
[3 Reasons to Work Out With a Friend](#)

GET YOUR GEAR IN ORDER

Plan ahead. Block off your calendar and organize your schedule.

[How to Organize your Life](#)

BE MENTALLY PREPARED

During the SEL Summit, plan to attend a 10-minute Mindful Moment or a virtual Wellness offering.

[Click Here to Access Mindful Moments](#)
[CCS Wellness Website](#)

TRAIN IN ADVANCE

Choose water first for thirst. Sip smarter. Drink water to hydrate, stay healthy and feel your best.

[Sip Smarter Infographic](#)

FOCUS ON THE CLIMB

Make sure to get a good night's sleep before the SEL Summit. Getting enough sleep impacts your health and wellbeing.

[The Importance of Sleep Hygiene](#)