How to use this copy: Copy and paste the below into your faculty newsletter, parent communications, or your website. Motivating your community to be healthy and active can have a long lasting impact both for your students and school.

**Faculty Communications:**

Help Our School Become Healthy and Active!

Wellness is more than just being healthy and active. It’s the process of becoming aware of and making choices that foster healthy habits towards a healthy and fulfilling life. The lessons explore these themes across three modules, each consisting of lesson plans, home extensions, and more! Check out the Together Counts program's free curriculum for Pre-K through Grade 5. Learn more about the curriculum today at togethercounts.com/at-school/teachers.

**Parent Communications:**

Looking for a way to keep your family active and healthy?

The Together Counts program provides free, bilingual family resources designed to promote active, healthy lifestyles. Visit togethercounts.com/at-home for family activities, articles, quick tips, and more.