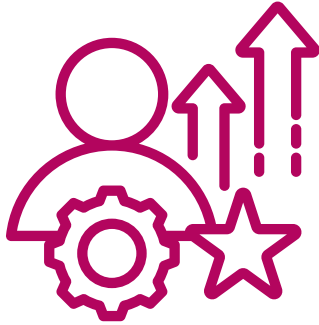


Staff Professional Development



Invite us to your next staff professional development day! We offer many workshops from presentations to wellness activities to boost staff engagement both in the classroom and beyond.

[Request Link](#)

Deadline for requests: May 1, 2026

Choose 1 of the following:

Presentation	Choose from one of our Healthy Schools <u>presentations</u> made with school staff and communities in mind.
Yoga or Zumba Class	A traditional yoga or Zumba class led by a certified teacher from our AtlantiCare LifeCenter.
Stretching Class	This class will take staff through a whole body stretch as well as stretches to do right from your desk chair in your classroom.
Art Therapy	Introduce staff to another form of stress management led by our partners at Mindfully Active.
Tanita Scale	A Healthy Schools Team member will visit your school with our Tanita Scale for body composition analysis.
Wellness Tea Party	Promote mindfulness and staff connections over tea and stations such as essential oils, adult coloring, and breathing exercises.
Values & Self-Esteem	Activities to promote self-reflection to bring forward strengths and goals for the future.
Wellness Team Workshop	A Healthy Schools Team member will visit your school to work with staff on establishing and/or maintaining a school wellness committee.
Special Request	Have a different workshop/topic/activity in mind? Email us and we will see if we can assist in providing it!



Stay up to date with the latest Healthy Schools news!

To subscribe for text message alerts, text HEALTHY to 79455

**Msg & Data rates may apply*

