

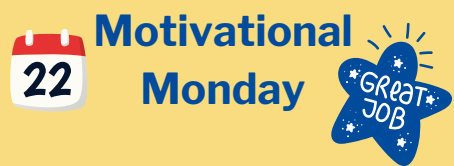


WHAT'S ON

@ GRCI

Upcoming Week of Jan 22-26th Wellness Week:

- M:** • Motivational Monday
- T:** • Yoga @ lunch
- W:** • Colouring in Cafe
- T:** • Hot Chocolate/Cookie Sales
- F:** • Pyjama Day



Motivational Monday

We hope you enjoyed your motivational sticky on your desk!

Don't forget to compliment someone today :)



Yoga



Sign up for Yoga using the form posted in the Google Classroom!

Tuesday @ lunch in the fitness room



Colouring in Cafe



Relax your mind with some mindfulness colouring Wednesday @ lunch in the cafe!



Hot Chocolate & Cookies

Enjoy some hot chocolate & cookies in the cafe at lunch on Thursday!



\$1.00 w/out mug
\$0.50 w/mug



\$1.00



PJ Day!



Be comfortable for your last day of classes and wear your PJ's this Friday!