

Mrs. Jonassen's  
7<sup>th</sup> & 8<sup>th</sup> Grade Health

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stay  
healthy  
helpful  
& calm



All work should be submitted in:  
Todo el trabajo debe presentarse en:



All work can be found in:  
Todo el trabajo se puede  
encontrar en:



Wednesday's  
Link  
Click  
Here

THINK POSITIVELY  
EXERCISE DAILY  
EAT HEALTHY  
WORK HARD  
STAY STRONG  
WORRY LESS  
DANCE MORE  
LOVE OFTEN  
BE HAPPY

