

The **OEA Wellness Cadre** is a member-led group that mobilizes our health and wellness experts around the state and cultivates the individual talents of a diverse group of educators, building on valuable professional skillsets and creating accessible engaging opportunities to continuously improve support services for students and staff in all Ohio schools.



# OCTOBER 30, 2024 AT 6PM-7PM

How to "You-talize" the OEA Wellness Grant

Join us to learn more about OEA Wellness grants and get ideas about activities to bring to your local. Local leaders from across the state will share their experiences with OEA Wellness grants.



### **JANUARY 22, 2025 AT 6PM-7PM**

### Slow Cooker Simple Creations

Join us for a live demonstration of easy, delicious, and healthy slow cooker recipes. Save time with these savory and freezer-ready meal preparation ideas.



## **FEBRUARY 26, 2025 AT 6PM-7PM**

### Virtual Paint and Sip

Join us for a night of fun, laughter, and creativity! Grab a glass of wine or a mocktail and follow along with an OEA Art Teacher, for some relaxing painting fun!



# MAY 28, 2025 AT 6PM-7PM EOY Let it Go Party

Join us for a night of fun and laughter featuring a virtual scavenger hunt, trivia, and dance off.



https://www.ohea.org/wellness/