



# Be Well



SAW  
THE  
GLASS  
AS  
HALF  
FULL



GOT AT LEAST  
8 HOURS OF  
UNINTERRUPTED  
SLEEP



GOT  
MY  
SWEAT  
ON

# FEELING AWESOME!



ATE A HEALTHY  
BREAKFAST



HYDRATED  
WITH H2O

**#PVNCBeWell**

Vision

Achieving Excellence in Catholic Education

LEARN • LEAD • SERVE

