



#### WELLNESS FOR LIFE

Are you interested in continuing to expand your knowledge on wellness and health? Looking to become an athletic trainer, physical therapist, personal trainer, or pursue a career within the medical field? Consider taking Wellness for Life, a yearlong junior/senior elective course offered by the Wellness Department. This course will be a dual-credit course offered with Harper College that will help students earn credit towarterter

Students can also explore elective courses by visiting the FHS Course Selection & Elective Information course on Schoology (All students should be enrolled, but just in case the access code: K3JD-W6SJ-7B2FF).