



The Healthy Hounds

SASD WELLNESS COMMITTEE

We are a peer group of dedicated employees committed to educating and promoting healthy, happy, and safe lifestyles for our Shippensburg community.

Our mission is to promote and model a healthy lifestyle in our schools through the creation of policy, the offering of events, the teaching of nutrition, the promotion of physical, mental and emotional wellness, and the sharing of information that leads to a positive well-being for our community.