

## Wellness Wednesday: 3.18.2020

### Wellness Closures & Cancellations

As you may already know, all GFPS fitness classes including: YOGA, ZUMBA, Circuit Training and Aqua Exercise are cancelled. The PGEC Fitness Center and GFH Pool are both closed until further notice. We have had a few questions and wanted to clarify the closures.

### Reliable Sources of Information

As we work through the coming weeks, make sure you are obtaining information from reliable sources such as:

GFPS: <https://gfps.k12.mt.us/>

City/County: <https://www.cchdmt.org/>

State: <https://dphhs.mt.gov/publichealth/cdepi/diseases/coronavirusmt>

National: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>