



# Nurturing the mind, body and soul...

*Our Lady of the Hamptons is blessed with a modern Wellness Center—one that reflects our school's ongoing commitment to nurturing the whole child.*

*We believe that wellness is rooted in our Catholic mission—cultivating our minds, caring for our bodies, and strengthening our spirit through faith, community, and intention.*

*We are embracing a whole-child approach to wellness that invites students to explore new ways to grow—anchored in our values and traditions.*

## *Some Ways We Can Do This...*

**PRAYER & MINDFULNESS: TO CENTER  
OURSELVES IN GOD'S PRESENCE**

**SERVING OTHERS: FAITH-INSPIRED COMMUNITY &  
PARISH SERVICE; KINDNESS INITIATIVES**

**HEALTHFUL HABITS: EXPLORING FOOD,  
NUTRITION, AND MOVEMENT AS PART OF  
GOD'S DESIGN FOR A HEALTHY LIFE**

**SACRED SPACES: REFLECTION IN OUR CHURCH, MEDITATION  
GARDEN AND OUTDOOR LEARNING AREA (IN DEVELOPMENT!)**

*Families can expect more details throughout the school year as we build on this initiative together, with love, purpose and prayer.*