

Graduation Ceremonies at Spring Valley High School



GUEST SPEAKER – Spring Valley 2005 graduate Jacob Kilgore was the guest speaker for the school's 16th annual commencement ceremony. Dylan Lageman addresses the Spring Valley 2014 graduating class. *WCN photos by Kerry Carter*



SELFIE – Karlee Money takes a "selfie" at the 2014 Spring Valley High School graduation ceremony. *WCN photo by Kerry Carter*



LEADING BAND – Colten Brumfield conducts the Spring Valley band as it plays the alma mater he wrote as a senior quest project. *WCN photo by Kerry Carter*



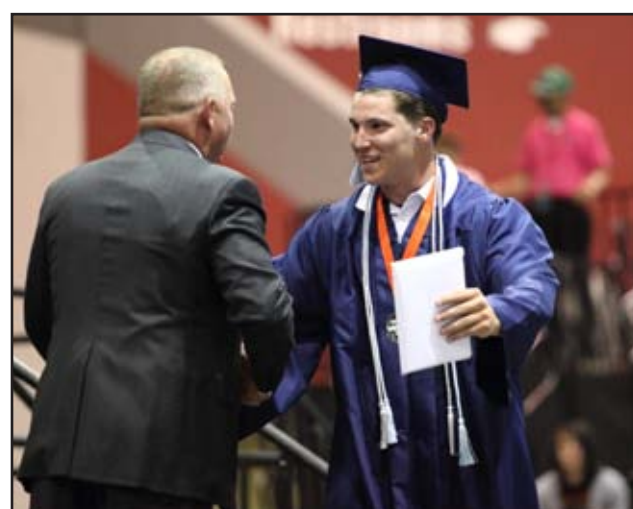
CHEERING – This father shows his pride as he cheers on his Spring Valley graduate, much like at an athletic event. *WCN photo by Diane Pottorff*



SHARP DRESSED MAN – Tyler Stephens shows he is not afraid to wear pink as he awaits his turn to receive his diploma. *WCN photo by Kerry Carter*



FLYING OBJECTS – Silly string flies through the air at the Big Sandy Superstore Arena following graduation ceremonies for Spring Valley High School. *WCN photo by Diane Pottorff*



CONGRATS – Colby Webb is congratulated by Spring Valley Principal Steve Morris during graduation. *WCN photo by Kerry Carter*

Start! ST. MARY'S
Living Healthy

Wellness Classes

Monday

Yoga: Noon-12:30 p.m.
Core, Strength & Cardio:
4:15-5:15 p.m. & 5:30-6:30 p.m.
Zumba: 6:30-7:30 p.m.

Tuesday

Seniors in Motion (free class):
10-11 a.m.
Yoga: 4-5 p.m.

Wednesday

Yoga: Noon-12:30 p.m.
Core, Strength & Cardio:
4:15-5:15 p.m. & 5:30-6:30 p.m.

Thursday

Seniors in Motion (free class):
10-11 a.m.
Yoga: 4-5 p.m.



All classes are in St. Mary's Wellness Center aerobics room on the first floor of the Regional Heart Institute. Free trial classes are available.

For more information, call (304) 399-7444.

Wellness Class packages

Consists of any 8 classes:

- \$20 per package or \$3 per class for St. Mary's employees, Wellness Center and Total Woman members
- \$35 per package or \$5 per class for community members

Payment must be made by check to St. Mary's Medical Center.

Lunchtime Classes

Classes starting at noon will be \$2 each for employees, Wellness Center and Total Woman members, and \$3 each for the community. Participants may pay with cash for lunchtime classes only.