

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Arts</b>	Music	Watch Dua Lipa perform a set of her hit songs at the Tiny Desk studio. <a href="#">Click Here</a>
<b>Health &amp; Wellness</b>	Healthy Habits	In this Healthy Habits lesson Ms. Wendy discusses the importance of treating yourself! Maybe have a spa day at home or something special to in your daily life. Have fun!  <a href="#">Click Here</a>
<b>Sports &amp; Recreation</b>	Full Body Workout	In this Full Body Workout video that you can do whenever and wherever you like. You don't need any equipment or weights! Targets the muscles of your whole body and gives you a quick sweat! .  <a href="#">Click Here</a>