

WELLNESS MINUTE

WHAT IS GOING ON: WEEK OF JAN. 20-24



MENTAL WELLNESS STEP CHALLENGE

**Begins: Jan. 15
End: Jan. 31**

**Let's join forces and
take 14 million steps
together towards
achieving Mental
Wellness for everyone!**



BLOMQUIST HALE WORKSHOP

**January 23 , 2025
12:00 - 1:00**

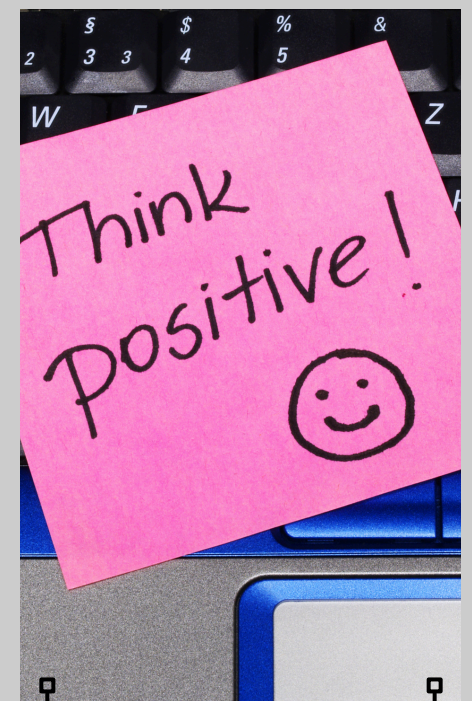
**This is an online
course where you will
discover how to
recognize stress and
effectively manage it.**



YOGA CLASS

**Classes will be held
Wednesday
4:30 - 5:15
Shoreline dance room**

**Everyone of all ages
and skill levels is
welcome!**



MONTHLY CHALLENGE

**BE POSITIVE
Commit to 25 days
without
complaining. Keep
track of your
progress on your
WellRight account
and earn 50 points!**