

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



MENTAL WELLNESS STEP CHALLNGE

Begins: Jan. 15 End: Jan. 31

Let's join forces and take 14 million steps together towards achieving Mental Wellness for everyone! empowerment
gratitude forgive SHARE
relationships patience activity
attitude identify self-respect
control STCSS RELEASE
SUPPORT STCSS RELEASE
relaxation lifestyle connect expressio
confidence purpose FOCUS LET G
nurture NETWORK therapy accept chain habits laughter resilience SLEP FUTU solutions FRIENDS socialize TAL
trauma Management
anger FATIGUE
despair worry AGING grief SADNESS
frustration hormones
frustration hormones
frustration hormones
frustration hormones

BLOMQUIST HALE WORKSHOP

January 23 , 2025 12:00 - 1:00

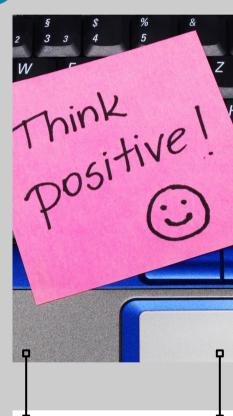
This is an online course where you will discover how to recognize stress and effectively manage it.



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!