

WELLNESS WEDNESDAY

Your midweek reminder to prioritize your wellbeing.

28th of August

August is National Wellness Month!



Click above for tips on practicing self-care.



BODY



MIND



SPIRIT



SOUL



Click above for an article on everyday wellness practices to increase balance in your life.

This Week's Affirmation:

I have the power to make healthy choices for my wellbeing.



Click above for a guided meditation.



In the mood to color? Click the image below to download and print out this coloring page. Or color it online.

