

WELLNESS WEDNESDAY

Your midweek reminder to prioritize your wellbeing.

21st of August

August is National Wellness Month!



Click above for tips on how to celebrate Wellness Month.



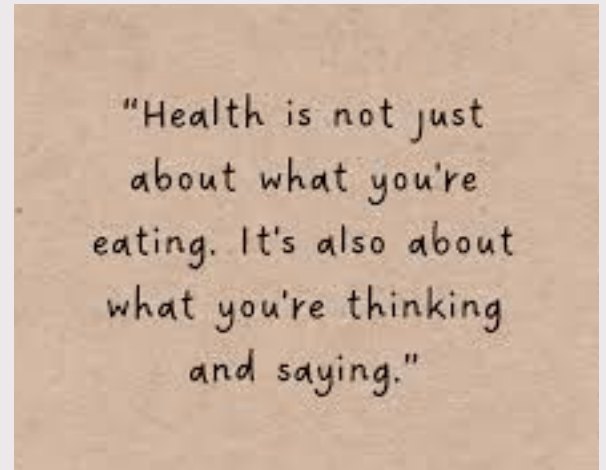
Click above for an article on everyday wellness practices to increase balance in your life.

This Week's Affirmation:

I respect my mind, body, and spirit, and take good care of myself.



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.

