

Wellness Wednesday

Your midweek reminder to prioritize your wellbeing.

16TH OF OCTOBER



**NATIONAL
SUBSTANCE
ABUSE
PREVENTION MONTH
OCTOBER**

Click above for facts regarding **fentanyl** and its deadly effects.

This image shows a lethal dose of fentanyl. Click the picture for a brief video with more information.



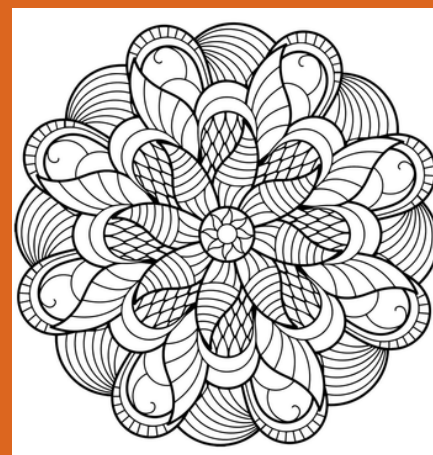
Click above for a short video -
3 Myths About Cannabis



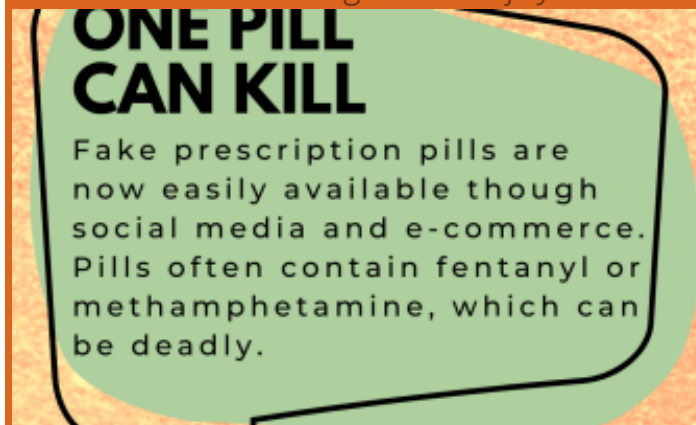
Click above for a guided meditation to reduce stress.

This Week's Affirmation:

The choices I make today will affect my tomorrow.



In the mood to color?
Click the image and enjoy.



Click the image above for a brief video.