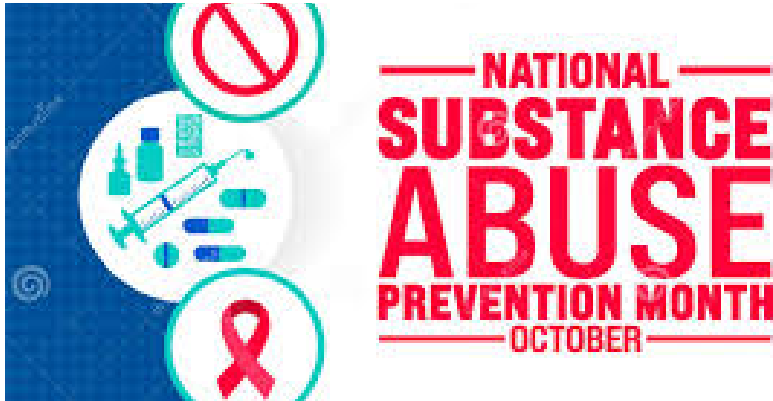


# Wellness Wednesday

Your midweek reminder to prioritize your wellbeing.

## 30th of October



Click above for a video on how addiction happens & why it's hard to treat.



Click the image above for a brief video - Teen Substance Use



Click above for a short video on How Addiction Happens.



Click above for a brief guided meditation.

This Week's Affirmation:

The choices I make today influence my tomorrow.



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



Click the image above for a brief video on How Addiction Changes the Brain.