

■ August is National Wellness Month! ■

Prioritize Your Health, Mind, and Well-being

Why Wellness Matters: Wellness is about creating balance in your life—physically, mentally, and emotionally. This month is the perfect time to focus on self-care, stress management, and building healthy habits that last.

■ Focus Areas for August Wellness:

- Move Daily: Stretch, walk, or try a fun fitness class
- Fuel Your Body: Choose nutritious meals and hydrate often
- Rest Well: Aim for 7–9 hours of quality sleep each night
- Stress Less: Try journaling, meditation, or breathing exercises
- Stay Connected: Strengthen bonds with family, friends, and community

■ Weekly Wellness Challenges:

- Week 1: Drink more water (at least 8 glasses a day) ■
- Week 2: Try a new healthy recipe or snack ■
- Week 3: Take time for 'tech-free' breaks each day ■
- Week 4: Get outside for at least 20 minutes daily ■■

■ Tips for Success:

- ✓ Start small and stay consistent
- ✓ Celebrate progress, not perfection
- ✓ Share your journey with others for accountability

■ Celebrate Wellness this August!

Let's commit to healthy habits that create a happier, stronger YOU.