
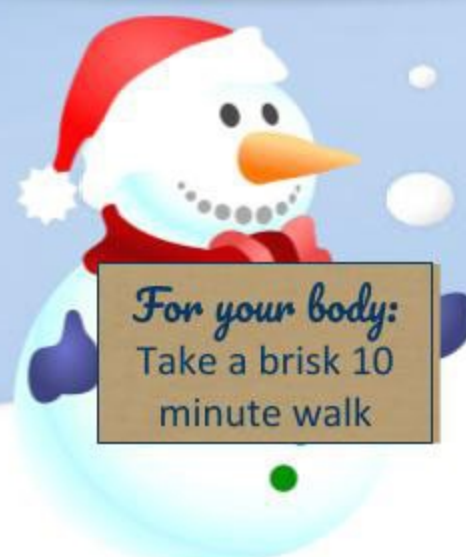


Winter Wonderland of Well-Being


Post your Winter Wonderland of Well-being Selfie
to #BeWellAA



For your spirit:
Call a friend that
you miss.



For your body:
Take a brisk 10
minute walk



For your mind:
Acknowledge
something you did
well today.

Day 1

Acts of Kindness for Others:
Send someone a "thinking of you" note.