



Illuminate Your Path to Wellness

With your wellness goals in place, create a daily/weekly plan from which you can work to instill healthy new habits and activities. Strive to incorporate activities in all 7 dimensions of wellness at least 1x/week and don't be afraid to start small and build up as you become more comfortable. Before you know it, you'll reap the benefits of a more healthy and balanced wellness lifestyle!

WEEK 1

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