



## Wellness Bites and Activities

### Week of 5/9/22

Monday, May 9

Kicking it with Kevin at 11:00 am and 3:00 pm

Complete a walk and receive a punch. Do both and get two.

Tuesday, May 10

Challenge yourself to read 20 pages today.

Need a book idea, join our book club. See Friday's Trib for more information.

Daily Quote: "When you can't control what's happening, challenge yourself to control the way you respond. That's where your power is."

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Wednesday, May 11

Hump Day Coloring

See the trib on Wednesday for this week's coloring page.

Daily Quote: "Your smile is your logo, your personality is your business card, and the way you make others feel is your trademark."

Kicking it with Kevin at 11:00 am and 3:00 pm

Complete a walk and receive a punch. Do both and get two.

## Thursday, May 12

Reduce the noise: Switching off all the technology, screen time and constant stimuli can help us slow down. Make time for quietness each day. Recharging is a very effective way to tackle stress.

Daily Quote: "One day you will tell your story of how you overcame what you went through and it will be someone else's survival guide." — Brene Brown

Virtual Meditation with the Calm App. at 12:00 pm and 1:00 pm

See the trib on Thursday for the zoom information. Attend a session and get a punch on your card. Attend both and get two.

## Friday, May 13

Weekly Gratitude Journal Prompt

See the Trib on Friday for our first weekly gratitude journal prompt

Daily Quote: Be proud of how you've been handling the last few months. The silent battles you fought, the moments you had to humble yourself, wiped your own tears, and pat yourself on the back. Celebrate your strength.

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