



Wellness

Wellness is a healthy combination of body, mind, and spirit.

Here are some tips on healthy living and wellness:

Body Health	Mind Health	Spirit Health
Eat a variety of healthful foods	Reduce stress	Allow yourself to experience the joy of living
Drink water	Keep your mind active	Pursue meaning in your life
Exercise your body	Learn new things	Allow yourself to relax and find peace
Get enough rest	Think positive thoughts	
Don't smoke		

