

Attend a Wellness Workshop on Zoom

You will receive 25-50 points for completing this activity

Name: _____ Facility: _____

You will earn credit for this activity by attending at least 1 (or up to 2) wellness workshops.

Instructions:

Please mark your attendance on the table below (the host will also be taking attendance during the workshop)

OR

If a recorded version is watched, please complete the table below and add 3 things you learned written below the table or attached on another page.

*****Receive an extra 5 points per workshop for a 2-3 sentence reflection of something valuable you learned that could help you in your health journey (write or type in below the table)**

Date	Name of Workshop Attended
_____	_____
_____	_____