

## Wellness Resource Sharing

You will receive 5 points per resource (Max 20 points)

Name: \_\_\_\_\_ Facility: \_\_\_\_\_

Send up to 4 of your favorite wellness resources (5 points per share) The goal is to create a Wellness Resource Directory of local and online resources for wellness services that you enjoy and utilize.

**Instructions:** Fill out and submit the form with your packet.

Below are examples of what to share! You can also use the list below to seek out and explore new wellness resources.

### ONLINE WELLNESS COMMUNITY PLATFORMS:

Websites or apps to share resources, tips, and experiences related to wellness, including mental health, physical fitness, nutrition, mindfulness, and self-care.

### VIRTUAL WORKSHOPS AND WEBINARS:

Online workshops or webinars where experts share their knowledge and tips on various aspects of wellness, such as stress management techniques, healthy cooking demonstrations, yoga and meditation sessions, and personal development strategies.

### WELLNESS BLOG OR PODCAST:

Blogs or podcasts featuring articles, interviews, and discussions on topics related to wellness.

### SOCIAL MEDIA WELLNESS CHALLENGES:

Wellness challenges on social media platforms. Themes could include fitness challenges, mindfulness practices, healthy eating habits, and self-care routines.

### PEER SUPPORT GROUPS:

Local or online peer support groups to connect with others who share similar wellness goals or challenges.

### COMMUNITY EVENTS AND MEETUPS:

Community events and meetups to engage in wellness-focused activities, such as group workouts, guided meditations, wellness workshops, and networking opportunities.

Name of Resource	Website or Where to Find:
_____	_____
_____	_____
_____	_____
_____	_____