



MIND,
BODY,
Spirit

SIGN UP
by February 1



EHAWELLNESS.ORG

EHA WELLNESS WORKS

MIND, BODY, SPIRIT

SIGN UP
((by Feb. 1))

Once in a while, it's ok to give yourself permission to just take a break! Not only do our physical bodies need rest, but our minds do as well. Staying healthy not only involves our physical body, but also our minds and spirits which affects our outlook on life. The research shows us that if we can learn to balance mind, body and spirit, we'll be healthier overall and can resist disease. We can then potentially ward off that last cold of winter!

Once you register for this challenge, you'll receive a book to guide you in learning new strategies for improving your physical and brain health including meditation, relaxation, stress management and more.

Register today at www.ehawellness.org!

CHALLENGE GUIDELINES - FEBRUARY 2018

- Read Mind Body Spirit book - 150 pages
- Spend 20 minutes each day improving your mind, body and spirit



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