



MOVEMENT RESOURCES

1Pts

INTENTIONAL MOVEMENT: Can be any movement for 30-minutes to improve health. [CLICK HERE](#) to learn more.

2Pts

GROUP FITNESS CLASSES: [CLICK HERE](#) to utilize employee gym discounts.

2Pts

RECREATIONAL LEAGUE: [CLICK HERE](#) to connect with GR Rec Sports.

1Pts

BE ACTIVE AT A CITY PARK: [CLICK HERE](#) for a GR City Park Directory.

EDUCATIONAL RESOURCES

2Pts

WELLNESS WORKSHOP - Family Life & Organization: Workshop will be May 16th from 11am - 12pm [CLICK HERE](#) to register.

1Pts

LISTEN TO A PODCAST: Choose a podcast that inspires you and supports your overall wellbeing [CLICK HERE](#) for suggestions.

1Pts

READ FOR 30 MINS: Find a book that can inspire you and support your overall wellbeing. [CLICK HERE](#) for suggestions.

2Pts

PARTICIPANT IN MISSIONSQUARE 1-1: Class will be held May 21st, 22nd and 23rd.

SELF-CARE RESOURCES

1Pts

TAKE A 10-MINUTE STRETCH BREAK: Taking time throughout your day to stretch is important. [CLICK HERE](#) for follow along, no sweat stretch breaks.

1Pts

CONSUME 5 SERVINGS OF FRUITS/VEGGIES IN ONE DAY: Looking for ways to eat healthier? [CLICK HERE](#)

1Pts

HYDRATION - CONSUME 1/2 BODY WEIGHT OF WATER IN ONE DAY: Wondering why hydration is important? [CLICK HERE](#) to learn more.



SELF-CARE RESOURCES

1Pts

TYTO CARE CLINIC - SCHEDULE A VIRTUAL HEALTH VISIT: [CLICK HERE](#) to schedule.

2Pts

SCHEDULE A MEETING WITH NURSE KATHY: [CLICK HERE](#) to schedule.

EMOTIONAL WELLBEING RESOURCES

1Pts

10-MINUTE MEDITATION BREAK: Not sure how to meditate? [CLICK HERE](#) for some guidance.

2Pts

SCHEDULE A HEALTH COACHING SESSION: [CLICK HERE](#) to schedule.

1Pts

ENGAGE IN JOURNALING, SELF-REFLECTION OR PRAYING: Not sure where how to start journaling? [CLICK HERE](#) for some guidance.

2Pts

SCHEDULE A THERAPY SESSION: [CLICK HERE](#) for more information.

SOCIAL CONNECTION RESOURCES

2Pts

ENGAGE/PARTICIPANT IN THE GARDENING CLUB: [CLICK HERE](#) for more information.

2Pts

TAKE TIME TO VOLUNTEER: Not sure where to volunteer your time? [CLICK HERE](#) for suggestions.

1Pts

ATTEND A COMMUNITY EVENT OR CHURCH: Not sure what's going on around town? [CLICK HERE](#) for some ideas.

2Pts

INTENTIONALLY CONNECT WITH FAMILY OR FRIENDS: Connection to others is important to our wellbeing. [CLICK HERE](#) for some suggestions.