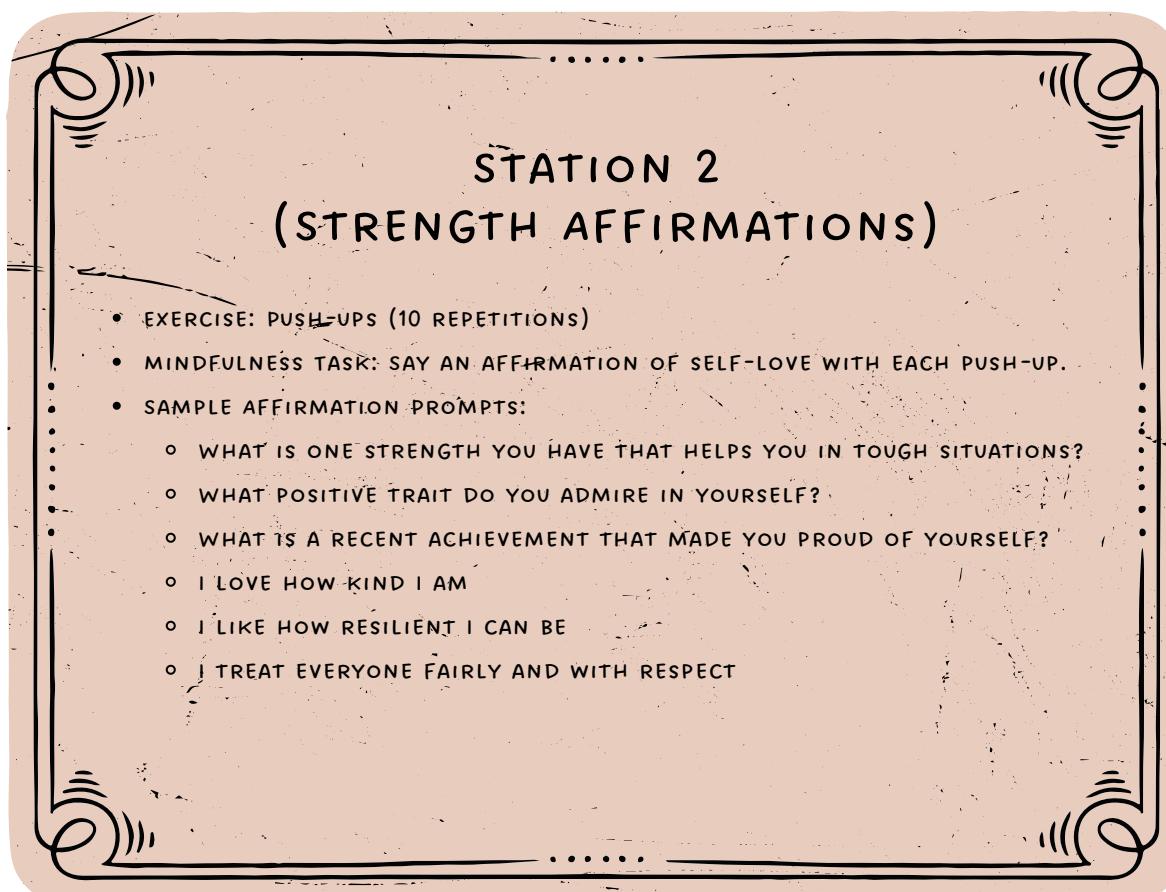
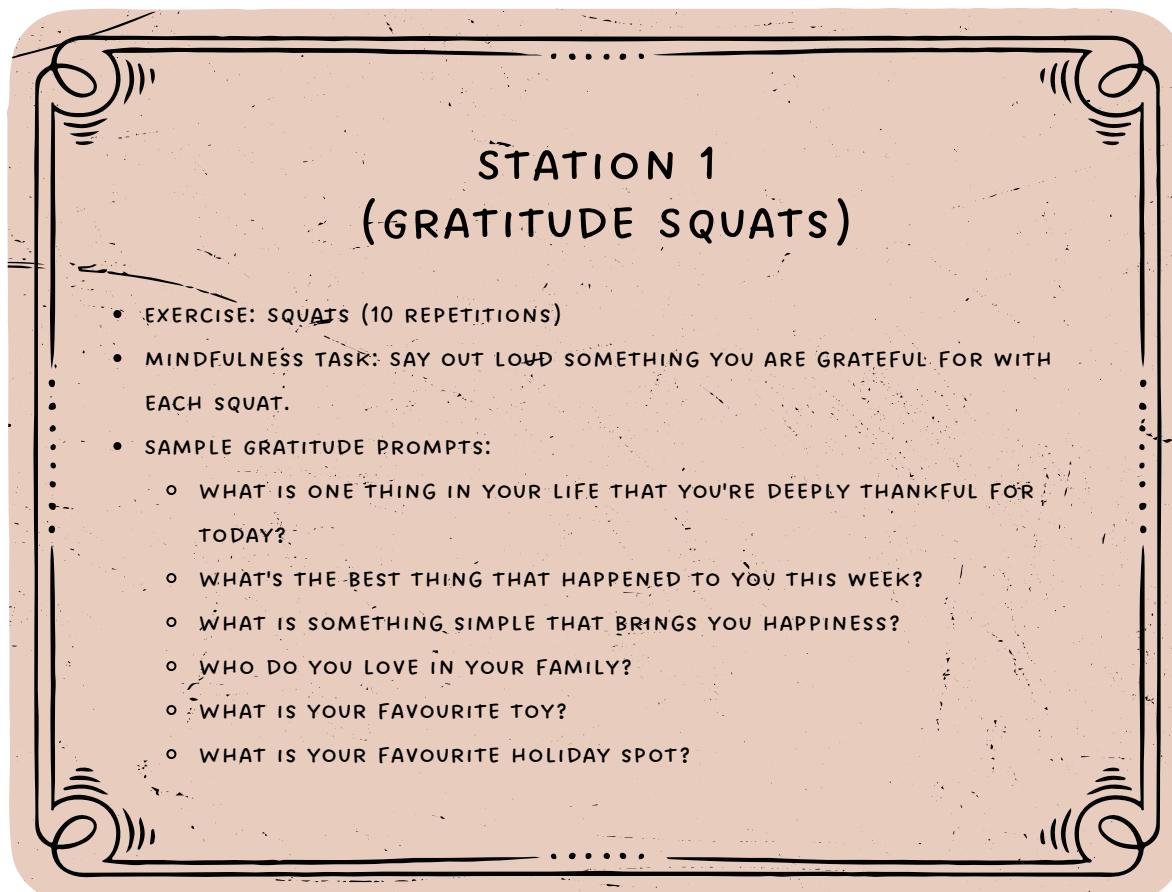
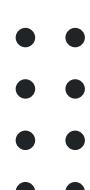
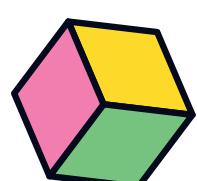
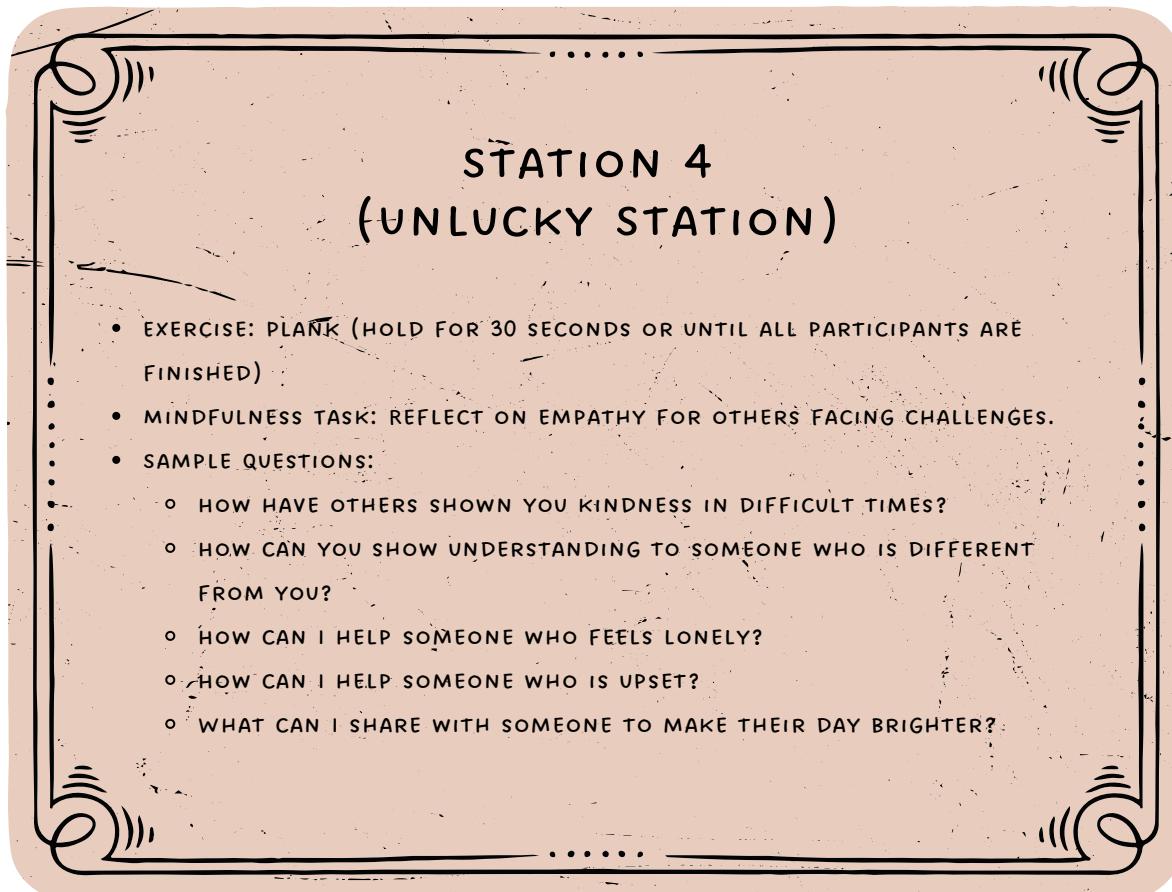
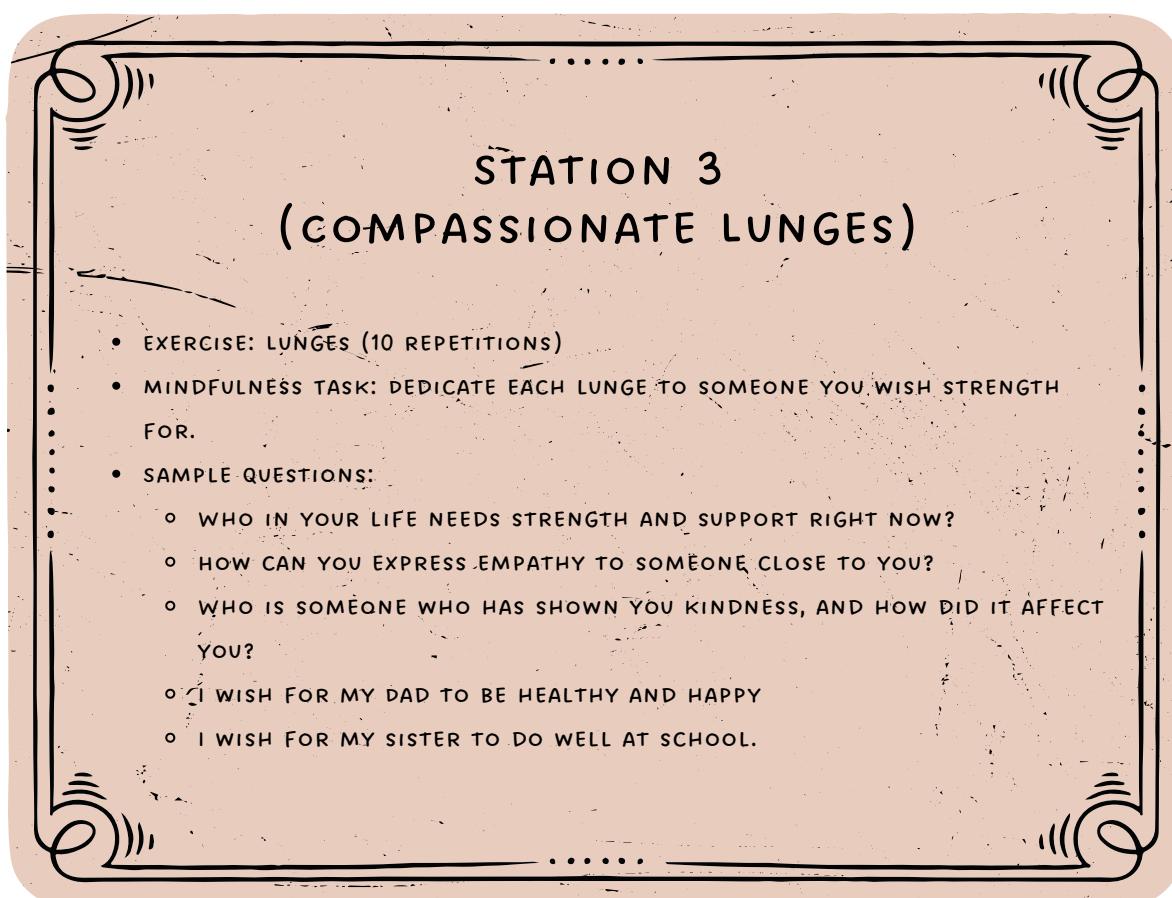


WELLNESS STATIONS CARDS

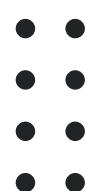
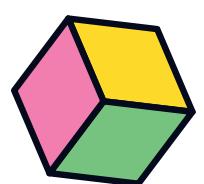
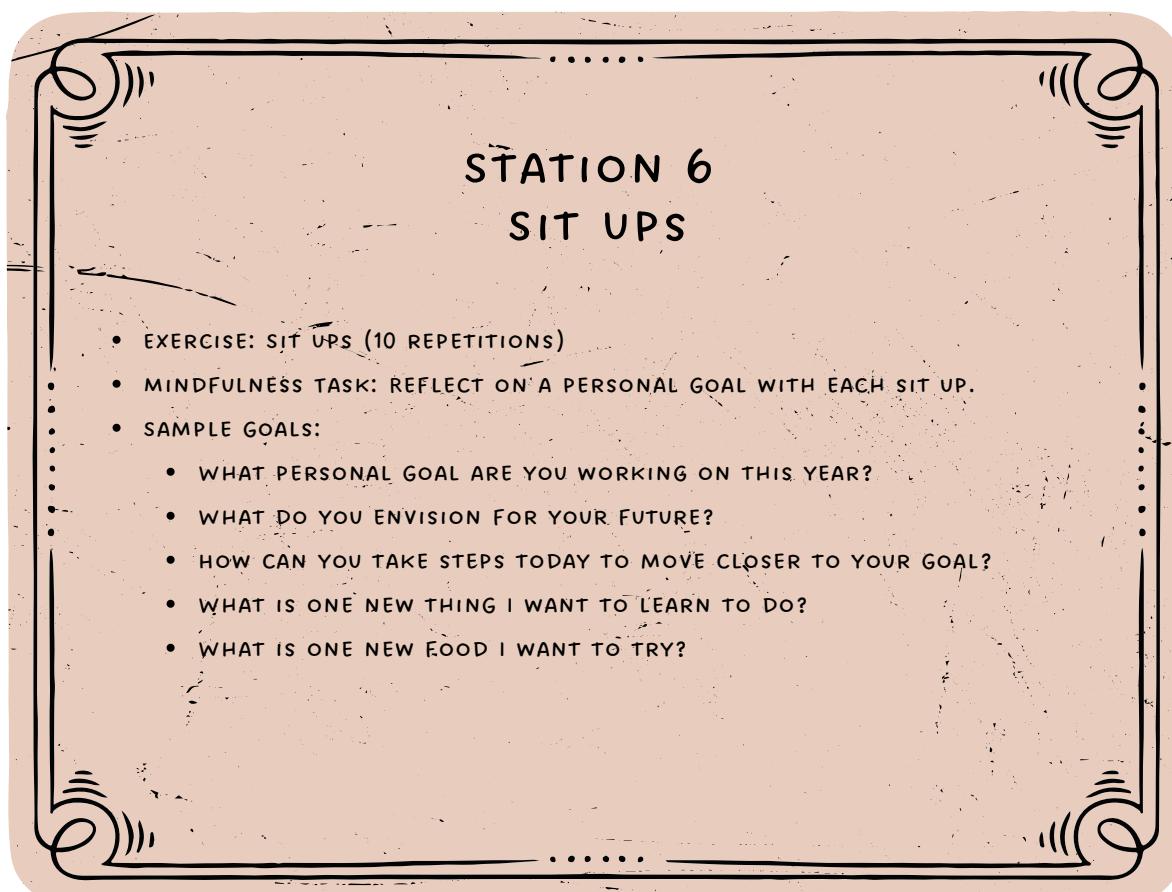
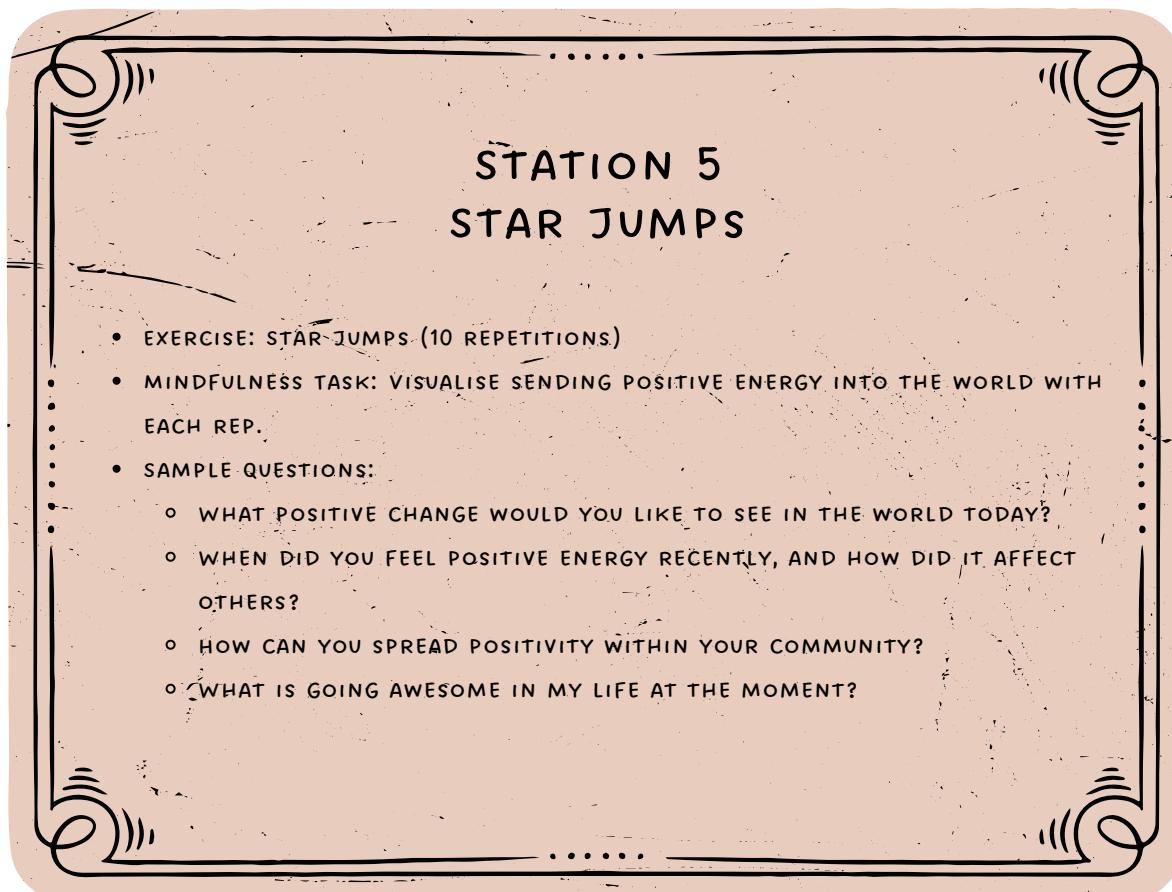
PRINT AND CUT OUT EACH CARD, THEN SET UP 8 WELLNESS STATIONS IN A CIRCLE, EACH WITH A PHYSICAL EXERCISE AND MINDFULNESS OR GRATITUDE TASK.



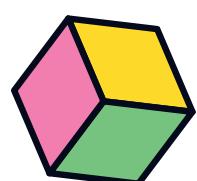
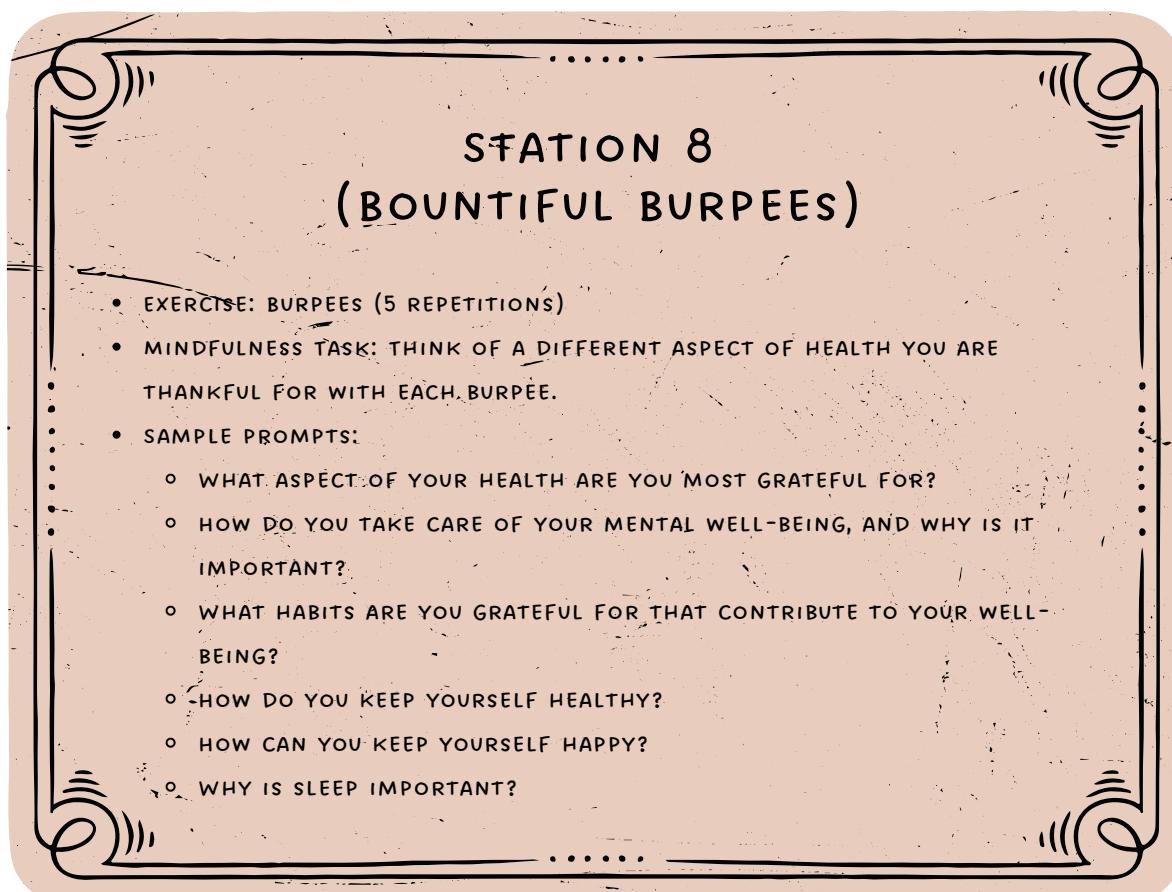
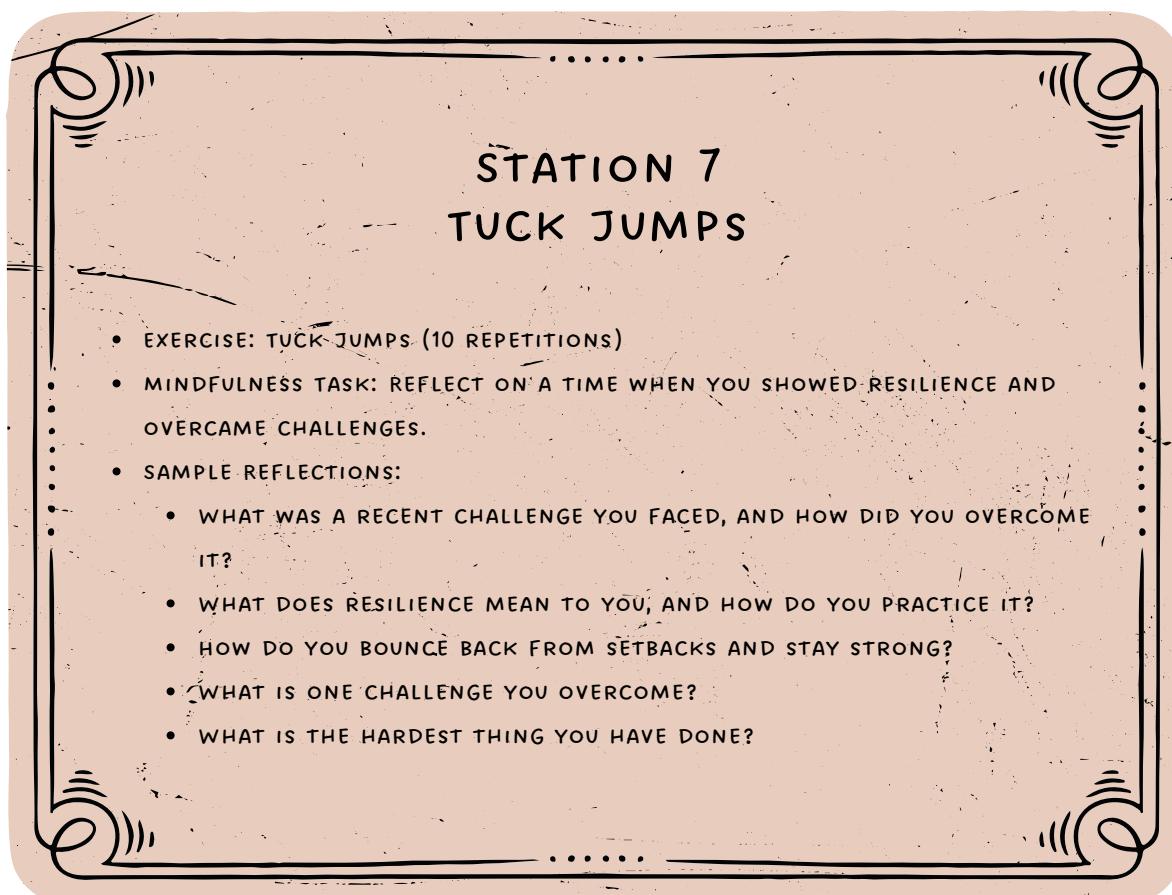
WELLNESS STATIONS CARDS



WELLNESS STATIONS CARDS



WELLNESS STATIONS CARDS



WELLNESS STATIONS CARDS

