



Weekly Challenges

Wellness Challenge 2024

Week 1 - Jan. 22 - Jan. 28

- Try one or more wellness practices this week.
([Wellness Practices](#))

Week 2 - Jan. 29 - Feb. 4

- Try a new recipe this week
([Canada's Food Guide](#))

Week 3 - Feb. 5 - 11

- Try a new exercise this week
([Exercise Resources](#))

Week 4 - Feb. 12 - 18

- Watch this video on gratefulness and start or end one of your days with listing three things that you are grateful for
([Gratefulness Video](#))

**Receive 10 points each week on your Wellness Challenge for participating in each of the above challenges!
Have fun and try something new!**

For more information, contact Val at 778-1676 or v.choofoo@swiftcurrent.ca