

Enjoy Wellness Week this June



Week

Monday

Tuesday

Wednesday

Thursday

Friday

Join us for Wellness Week (click "Challenges") June 10-14.

Goal: Add a few minutes of self-care to your day. Each day has a theme and a related activity.

Submit your participation by June 18 for a chance to win a Working for a Healthier Tennessee baseball cap: https://stateoftennessee.formstack.com/forms/wfhtn wellness week 2024

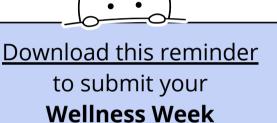


What's your <u>real age</u>?
Take <u>Sharecare's</u>
RealAge® Test to find out.



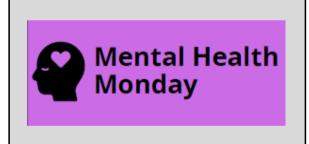
Take a **Fitness Break**with DHS
from 11-11:10 a.m. CT
(Calendar invite)

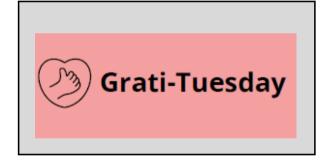
Celebrate National Fruits &
Vegetables Month! Complete and
submit this **Eat Your Veggies Word Scramble** by June 28 for a
chance to win a prize!



Wellness Week!

June 10-14





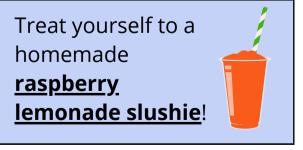
Wellness Wednesday
Channel your inner Jedi with
Mindfulness with Nat
from 11:30 a.m. – 12 p.m. CT
(Calendar invite)





participation by June 18!

June 17-21 Join **Stretch & Destress** from 12-12:15 p.m. (<u>Calendar invite</u>)



State Holiday

Join a **Mindfulness Break**with TDH from
11:15-11:30 a.m. CT
(<u>Calendar invite</u>)



June 24-28



Join us for **June Wellness Trivia!**from 12 – 12:30 p.m.

(<u>Calendar invite</u>)



Take a **Fitness Break**with DCS from
10-10:15 a.m. CT
(<u>Calendar invite</u>)

What's cooking? How about sheet-pan chicken fajita bowls for dinner?