



Weekly Challenges

Wellness Challenge 2023

Week 1 - Jan. 23 - Jan. 29

- Try a new personal wellness practice this week
([Wellness Practices](#))

Week 2 - Jan. 30 - Feb. 5

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

Week 3 - Feb. 6 - 12

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

Week 4 - Feb. 13 - 19

- Practice one act of kindness this week ([Acts of Kindness](#))

**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