

## Wellness Ideas: Social Personal

- Join a dance or yoga class
- Find a book club
- Join an intermural (softball, soccer, etc.) team
- Have your friends / co-workers over for pot-luck dinner with a silly theme
- Watch your local papers and online for weekend events- make yourself go to at least one a month that looks interesting
- Attend a charity function
- Join a knitting or scrapbooking club
- Start a blog
- Have an end time for work when you are not at work (ie 6pm until kids are in bed)