

## Wellness Ideas: Intellectual Group

- Assign your group a specific culture to learn about over a designated time through designated readings and group discussions. Culminate in a dinner or lunch that includes foods of the region / culture. Group members rotate who gets to pick the culture and readings.
- Take group foreign language or music classes (or have a volunteer “tutor” come and teach the group on-site)
- Visit a museum
- Start a book club
- Group painting class “Paint Your Art Out” or other similar