

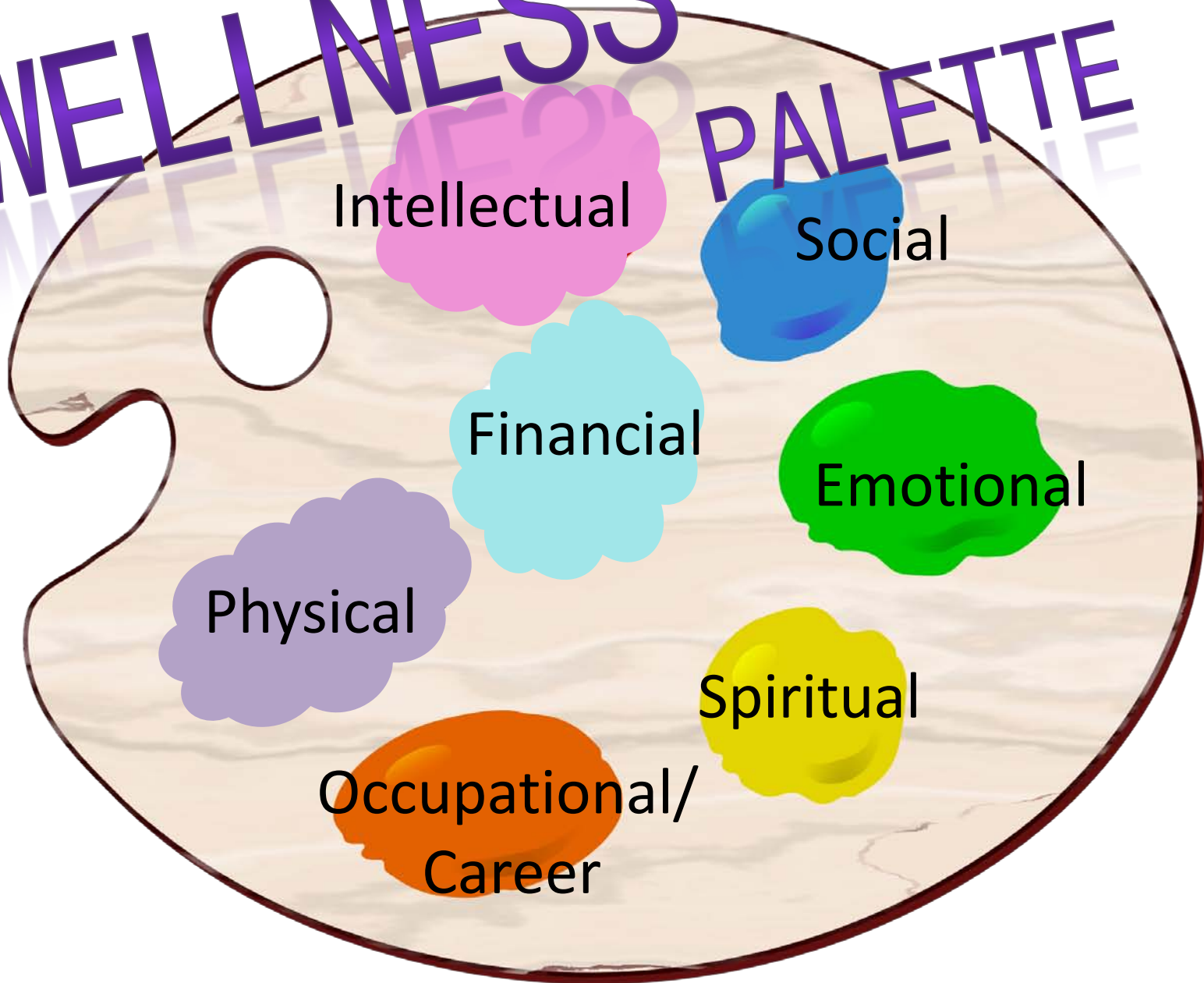
WELLNESS PALETTE



Personal



Program/Group



Create your Masterpiece!

1. Decide if you want to focus on personal or group wellness, then move to designated table
2. Share wellness ideas you are already doing (or thinking of doing!) with your table
4. Find your inspiration (from each other, and the colored lists of ideas provided from the wellness palette)
5. Use provided worksheet to create your wellness plan
6. Share your plan with your table
7. Pick one idea from table to share with whole group

