

WELLNESS WONDERS OF AZ

Arizona is a wonder! It's a great place to work and thrive – a place to live, play and be your best. With its local pride, sense of community, unique weather and breathtaking landscapes, Arizona is truly a wonder. This Fall season the Wellness Wonders of AZ brings together fun and healthy activities that you can do with your family, colleagues, groups, clubs or simply enjoy some 'me time'. Enjoy the gorgeous Fall weather and challenge yourself to complete all seven Wonders.

It's easy!



1. SIGN UP ONLINE
WellnessAtoZ.org



2. SHOW COMMUNITY PRIDE



3. COMPLETE & LOG YOUR WONDERS



4. WIN GREAT PRIZES!



COMPLETE BY
NOV. 12
2017



LEARN MORE
WellnessAtoZ.org
LET'S GET SOCIAL



GoWellnessAtoZ

Wellness Wonders of AZ is a program of Wellness AtoZ



Wellness AtoZ

WELLNESS
WONDERS OF AZ

GET OUTSIDE. GET ACTIVE.
ENJOY UNIQUE FEATURES OF ARIZONA.

COMPLETE BY
NOV 12



Wellness **AtoZ**

Wellness Wonders of AZ is a
program of Wellness AtoZ

WELLNESS WONDERS OF AZ

Fun and healthy activities that showcase
Arizona's wonders

Register now



WELLNESS WONDERS OF AZ



RACE OFF



COMPLETE BY
NOV 12
2017

CANALS & GREEN SPACES



COMPLETE BY
NOV 12
2017

FARMER'S MARKETS & GARDENS



COMPLETE BY
NOV 12
2017

TACKLE A FALL SPORT



CHOOSE YOUR OWN ADVENTURE



FALL INTO HEALTH



MOUNTAINS & PARKS



COMPLETE BY
NOV 12
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