

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, great climate and breathtaking landscapes, Arizona is a place for thriving communities!

The Wellness Wonders of AZ fall challenge brings together fun and healthy activities that you can do with your family, colleagues, groups, clubs or simply enjoy some "me time." Enjoy the beautiful fall weather and challenge yourself to complete all seven Wonders by November 12th!

It's easy!



1. SIGN UP ONLINE

Wonders.WellnessAtoZ.org



2. COMPLETE & LOG YOUR WONDERS



3. SHARE YOUR COMMUNITY PRIDE



4. WIN GREAT PRIZES!



THE CHALLENGE BEGINS
October 1st!



CHOOSE YOUR OWN ADVENTURE

Discover Arizona!
Choose your own outdoor activity.



TACKLE FALL SPORTS

Get out and play a sport - any sport.



MOUNTAINS & PARKS

Find the fall colors at local, state or national parks.



FIT FOR A CAUSE

Walk or run in a charity race or volunteer in your community.



FALL INTO HEALTH

Test your health and wellness knowledge. Take the online quiz.



Wellness AtoZ



CANALS & GREEN SPACES

Run, bike or walk Arizona's open spaces.



FARMER'S MARKETS & GARDENS

Visit a seasonal orchard, community garden or market!

LEARN MORE

WellnessAtoZ.org

LET'S GET SOCIAL

@GoWellnessAtoZ

#WellnessAtoZ

#WellnessWondersofAZ

#DiscoverArizona



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





FIT FOR A CAUSE



CANALS & GREEN SPACES



FARMER'S MARKETS & GARDENS



TACKLE A FALL SPORT



**CHOOSE
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FALL INTO WELLNESS



MOUNTAINS & PARKS

