

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. 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'. Savor the challenge of completing 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!



MAY 20
WELLNESS AtoZ DAY
Choose your own wellness adventure or outdoor activity on this day.

SWING IN TO SPRING
Get out and play a sport – any sport.

MOUNTAINS & PARKS
Hike Arizona's local, state or national parks.

WATER IN THE DESERT
Swim in your backyard, local pool or at an Arizona lake.

SPRING CLEANING
Test your knowledge about common allergens in Arizona. Take the online quiz.



Wellness **AtoZ**

CANALS & GREEN SPACES
Run, bike or walk Arizona's open spaces.

FARMER'S MARKETS & GARDENS
Visit a market, community garden or plant a garden!

LEARN MORE
WellnessAtoZ.org

LET'S GET SOCIAL



GoWellnessAtoZ

Wellness Wonders of AZ is a program of Wellness AtoZ



Wellness **AtoZ**