

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 spring 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 May 19th!

It's easy!



1. SIGN UP ONLINE

Wonders.WellnessAtoZ.org



2. COMPLETE & LOG YOUR WONDERS



3. SHARE YOUR COMMUNITY PRIDE

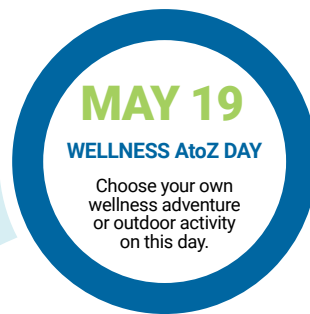


4. WIN GREAT PRIZES!



THE CHALLENGE BEGINS

April 1!



Wellness **AtoZ**
Spring 2019 April 1 – May 19



LEARN MORE

WellnessAtoZ.org

LET'S GET SOCIAL

@GoWellnessAtoZ

#WellnessAtoZ

#WellnessWondersofAZ

#DiscoverArizona

#WellnessAtoZDay2019



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
MAY 19



Wellness **AtoZ**

WELLNESS WONDERS OF AZ

**Fun and healthy activities that showcase
Arizona's wonders**

Register now

A stylized, light blue silhouette of a human figure with arms raised in a 'V' shape, positioned on the left side of the image. The figure is composed of simple geometric shapes: a circle for the head, a trapezoid for the torso, and two elongated, pointed shapes for the arms.

WELLNESS WONDERS OF AZ

WATER IN ARIZONA



COMPLETE BY
MAY 19
2019

CANALS & GREEN SPACES



FARMER'S MARKETS & GARDENS



COMPLETE BY
MAY 19
2019

HEALTHY RECIPE CHALLENGE



COMPLETE BY
MAY 19
2019

WELLNESS A to Z DAY



SPRING MINDFULNESS



MOUNTAINS & PARKS



COMPLETE BY
MAY 19
2019