

# 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](http://Wonders.WellnessAtoZ.org)



**2. COMPLETE & LOG YOUR WONDERS**



**3. SHARE YOUR COMMUNITY PRIDE**



**4. WIN GREAT PRIZES!**



THE CHALLENGE BEGINS  
**October 1<sup>st</sup>!**



**LEARN MORE**

**WellnessAtoZ.org**

**LET'S GET SOCIAL**

**@GoWellnessAtoZ**

**#WellnessAtoZ**

**#WellnessWondersofAZ**

**#DiscoverArizona**



Wellness Wonders of AZ is a program of Wellness AtoZ



**Wellness AtoZ**