

# 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](http://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](http://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

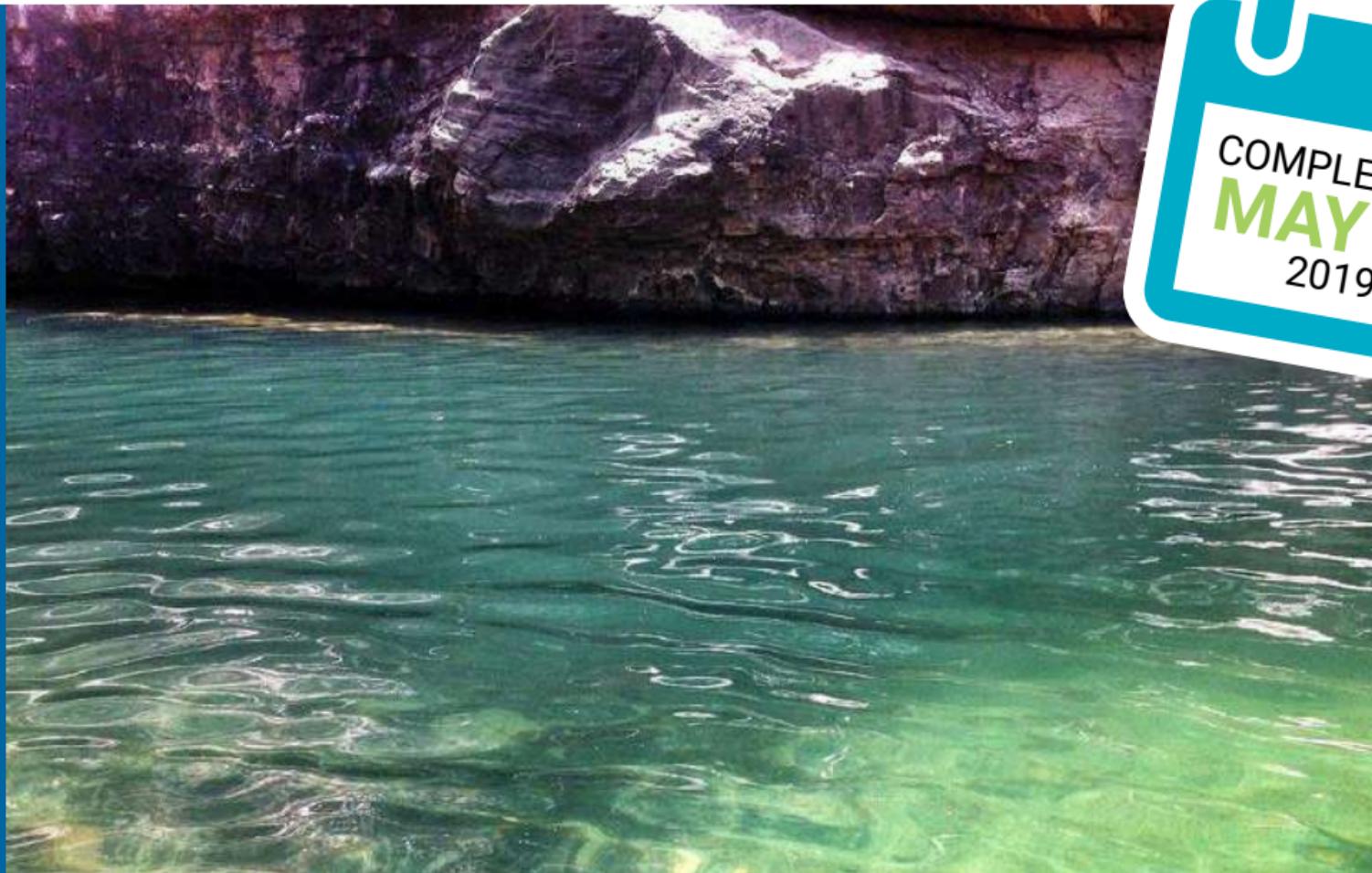
**Fun and healthy activities that showcase  
Arizona's wonders**

**Register now**

A stylized, light blue icon of a human figure with arms raised, positioned on the left side of the image. The figure is composed of simple geometric shapes: a circle for the head, a vertical line for the torso, and four lines for the arms and legs, all pointing outwards.

**WELLNESS WONDERS OF AZ**

# WATER IN ARIZONA



# CANALS & GREEN SPACES



COMPLETE BY  
**MAY 19**  
2019

# 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