

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**

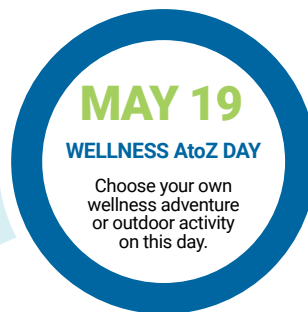


4. **WIN GREAT
PRIZES!**



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 graphic of a human figure with arms raised in a 'V' shape, positioned on the left side of the image.

WELLNESS WONDERS OF AZ

WATER IN ARIZONA



CANALS & GREEN SPACES



FARMER'S MARKETS & GARDENS



HEALTHY RECIPE CHALLENGE



WELLNESS AtoZ DAY



SPRING MINDFULNESS



MOUNTAINS & PARKS



COMPLETE BY
MAY 19
2019