

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 cool fall weather and challenge yourself to complete all seven Wonders by November 12!

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
October 1!



LEARN MORE

WellnessAtoZ.org

LET'S GET SOCIAL

@GoWellnessAtoZ

#WellnessAtoZ

#WellnessWondersofAZ

#DiscoverArizona



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
NOV.12



Wellness **AtoZ**

Wellness Wonders of AZ is a
program of Wellness AtoZ

WELLNESS WONDERS OF AZ

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

Register now



WELLNESS WONDERS OF AZ





FIT FOR A CAUSE



CANALS & GREEN SPACES



FARMERS MARKETS & GARDENS



TACKLE A FALL SPORT



CHOOSE YOUR OWN ADVENTURE



MINDFULNESS CHALLENGE



MOUNTAINS & PARKS

