

WINTER MINDFULNESS CHALLENGE

The Wellness Committee wants you to focus on yourself and reduce your stress. From November 26th through December 23rd be mindful/meditate for at least 10 minutes for at least 3 days a week during the 4 week span. Use the form below to check off each day you are mindful/meditate, email your completed forms to wellness@uwgb.edu by January 10th to be put in a prize drawing.

S	M	T	W	TH	F	S
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23