Wellness Days

Join Wellness by Mason in making every day a great day. Small changes in your lifestyle can bring about positive changes in your health and well being.

Meatless Mondays
Skip the meat; try plant-based high fiber foods instead.

Take Care of Yourself Tuesdays
Treat yourself right! Catch those zzz’s, avoid alcohol, and stay away from tobacco products.

Walking Wednesdays
Take a walk with friends, park at the back of the lot, or step out of the conference room & hold walking meetings instead!

Thrifty Thursdays
Take charge of your finances & reduce a leading cause of stress.

Fitness Fridays
Rediscover the fun in fitness; try something new.

Stay the Course Saturdays & Sundays
Work in a little “me” time for exercise, reflection and reconnection with family, friends, and nature.

Live Well; Age Well, No Matter Your Age!