



# 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!**