

JOIN US FOR THE 3RD ANNUAL

# Holiday Happiness



Come have some fun in this 4 week challenge that will focus on gratitude, gratitude for yourself and for others!

The challenge goes from November 14th to December 9th with an activity each day. Each participant will get a kit with all the materials you need for the challenge!



## Challenge Activities

- Yoga with Guided By Humanity and Bella Larsen
- Afternoons with Ayesha and Mindful Coloring
- Mindful Journaling
- Gratitude Card Making
- Self Care Activities

If interested, sign up here!

<https://forms.office.com/r/iCG3caeKrg>