

# HIGHWAY TO WELL

your personal wellness journey



**JANUARY**  
SELF CARE & RESILIENCE

**YOU ARE  
HERE**

HIGHWAY TO WELL WEBINAR

JANUARY 13TH @ NOON BY ZOOM

WELLBEING WORKSHOP

JANUARY 20TH @ NOON BY ZOOM

MONTHLY CHALLENGE

SELF CARE PIT STOPS  
@ WORK & HOME

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#HIGHWAYTOWELL

What direction do you  
want to go in today?



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*your personal wellness journey*

## SELF-CARE & RESILIENCE WEBINAR

WEDNESDAY JANUARY 13TH

12:00-12:45

BY ZOOM

Click on the poster to register, or email  
[wellness@waypointcentre.ca](mailto:wellness@waypointcentre.ca)

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## EXPLORE

- ★ Habits
- ★ Intentions
- ★ Goals

## CREATE

A winning plan!

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