



Highway to Well 2022

EXPLORE, CREATE, BECOME.

Webinar Wednesdays
Wellness Dimension Workbooks
Wellness Squad Connection
Team & Individual Challenges
Personal Development & Growth

What direction do you want to go in today?

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Email- wellness@waypointcentre.ca

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EXPLORE WITH US TODAY!

**Each month we will explore
the impact of a different
wellness dimension.**

January- Vision Story Workshop
February- Overall Wellness
March- Physical Wellness
April- Emotional Wellness
May- Social Wellness
June- Intellectual Wellness
July- Spiritual Wellness
August- Vocational Wellness
September- Financial Wellness
October- Environmental Wellness
November- Journey Recap
December- Trip Highlights Reel



For details, schedules, or for us to provide individual and team support, please email
wellness@waypointcentre.ca