



# DULLES SOUTH WELLNESS WEEK

**MONDAY, APRIL 6**



**ENJOY THE OUTSIDE. POST A PHOTO OF YOUR FAVORITE OUTDOOR ACTIVITY. REMEMBER TO STAY SAFE IN OUTDOOR SPACE, 6FT AWAY PLEASE.**

**TUESDAY, APRIL 7**



**READ A BOOK. SHARE THE BOOK YOU ARE READING NOW, OR YOUR ALL-TIME FAVORITE BOOK.**

**WEDNESDAY, APRIL 8**



**MAKE A HEALTHY MEAL. SHARE A PHOTO, OR EVEN BETTER, THE RECIPE.**

**THURSDAY, APRIL 9**



**GET MOVING! SHARE A PHOTO OF YOU ! DOING YOUR FAVORITE TYPE OF EXERCISE.**

**FRIDAY, APRIL 10**



**BE HAPPY. TAP INTO THE POWER OF GRATITUDE. WRITE DOWN, OR SHARE, ONE THING YOU ARE GRATEFUL FOR.**

Share your experience and follow us at  
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