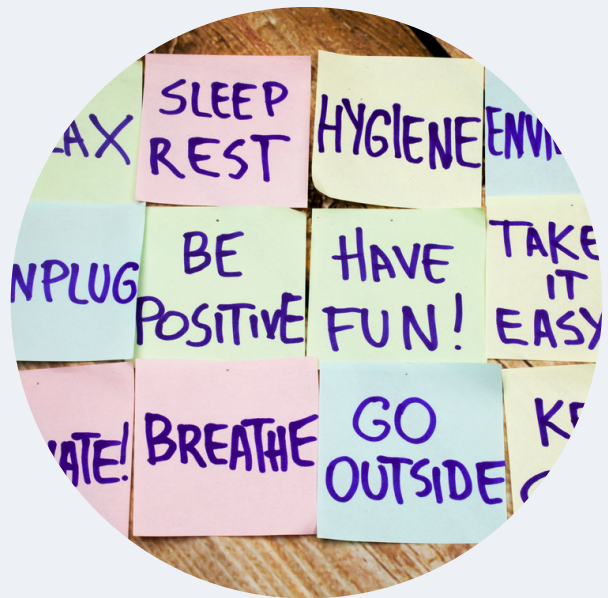


Summer Wellness Series Week 2

Exploring Physical and Emotional Wellness

Top 3 take aways from this week:

- Physical and Emotional Wellness are intertwined and impact each other.
- Physical Wellness focuses on creating healthy habits that impact life expectancy and quality of life.
- Emotional Wellness explores how you think, feel and behave in your daily life.



Thinking of making a change - explore these:

- Do you like going to the gym, practicing yoga, pilates, and cycling? - Try a membership with ClassPass [click]
- Enjoy being outside? – Check out this WNY Hiking Challenge Trails [click]
- Love a free workout class? - Explore Fitness in the Parks [click]

Follow this link <https://eap.cfsbny.org/summer-wellness-series-2/> to find more information, activities and resources, and a guided audio.

