

"Live Well Challenge"

4-Week Wellness Group:

BEGINNING

SEPTEMBER 12, 2017

Tuesdays at 12:15pm

What does it mean to "live well?"

'Living well' is about striving to get the most out of your life. It is about finding happiness and flourishing, meaningfully connecting with others, feeling balanced, having a sense of purpose, maximizing your potential, and reaping the benefits of an active and healthy lifestyle.



LIVEWELL
LAFAYETTE

**Challenge yourself
to enhance your
well-being!**

Express interest to:

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