

# Wellness Wednesday: 1.13.2021

## Mindful Minutes

Interested in doing some type of mindfulness meditation but don't think you have time? View the link below for 9 exercises you can do in a minute or under. Plan to print the sheet and try them. You may find one that is just right. [Click here.](#)

## Fast Facts from Alluvion Health

This week our topic from community partner Alluvion is Cervical Health [Click here to view.](#)

## NEW YOGA Zoom Links

Kick off your 2021 self-care plan right now. Register once for all. GFPS staff - you are covered by the wellness program so classes are FREE. Others get in touch, if you haven't already, for rates or questions. Let me know if you need help. After registering you will receive a confirmation email and link to join.

- **Tuesday morning yoga practices:** ZOOM open at 5:30 a.m. class starts at 6:00 a.m. Register in advance for this meeting:  
<https://us02web.zoom.us/meeting/register/tZ0vd-2oqjotHt3e2aHQ-2K6i1RUEdDp5GNK>
- **Wednesday evening yoga practices:** ZOOM open at 5:00 p.m. class starts at 5:30 p.m. Register in advance for this meeting:  
<https://us02web.zoom.us/meeting/register/tZwtduqtrDkjGtEGcobldR-gg5TGUKlvaQV>

## 2021 Healthy Habits BINGO

Jump in today and start your Healthy Habits BINGO card! This challenge was designed to encourage participants to try a variety of activities to improve well-being. Simply complete the activities as you are able. Google Doc coming soon so you can "on your honor" register for cash prizes. [Click here to get the details!](#)