

# Wellness Wednesday: 1.20.2021

## Mindful Minutes

Got a minute? [Click here](#) and you will visit a fantastic resource (in my opinion 😊). Once you are on the page scroll down to the THREE audio clips that are offered including: one minute of ocean sounds, one minute of ambient music and one minute of rain. If you have time, read the rest of the information too.

## Fast Facts from Alluvion

This week our topic is blood donation. After the holidays, the need becomes very great for this lifesaving service. [Click here](#) to contact our local Red Cross for additional information. [Click here](#) to view Alluvion's Fast Facts sheet.

## 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 at 6:00 a.m.  
Register in advance for this meeting:  
<https://us02web.zoom.us/meeting/register/tZ0vd-2ogjotHt3e2aHQ-2K6i1RUEdDp5GNK>
- **Wednesday evening yoga practices:** ZOOM open at 5:00 p.m. class at 5:30 p.m.  
Register in advance for this meeting:  
<https://us02web.zoom.us/meeting/register/tZwtduqtrDkjGtEGcobldR-gq5TGUKlvaQV>

## 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. Challenge ends 1-29-2021.

- [Click here to get the details](#) and a BINGO Card.
- [Click here to take the survey](#) when you have completed the challenge.