

Energize Your Inner Well-being

A spiritual wellness journey



When it comes to taking care of ourselves, we sometimes don't focus on our inner well-being. We may be busy with day-to-day activities and find it difficult to set time aside to stop and focus on ourselves.

Here is the beginning of your new journey – to get energized and take time for yourself! Sign up for N Good Health's new spiritual wellness workshop, "Energize Your Inner Well-being: A Spiritual Wellness Journey." Learn the importance of spiritual wellness and how to apply aspects of it in your daily life.

This free, four-week workshop can be done from your computer or smartphone. Sign up on **NGoodHealth.com** today! When you complete the workshop, you will earn 30 healthy action points toward completing the N Good Health 4 steps.

Each weekly session takes about 15 minutes to complete, but the lessons learned can be applied all week long.

Week 1	What is spiritual wellness and why does it matter for my well-being?
Week 2	Applying meaning and purpose to daily life
Week 3	Focusing on connectedness to experiences and relationships
Week 4	Examining connectedness to nature, the significant or sacred