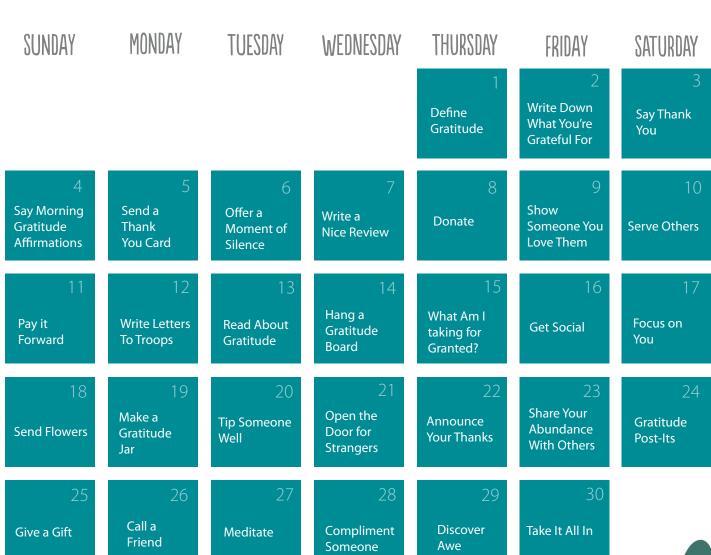


Throughout the month of November, we encourage you take part in the Gratitude Challenge.

It encourages people to deeply reflect on the topic of gratitude. By participating in a daily gratitude challenge, it helps you to consider all that is good in your life. It creates a moment for reflection and changes negative thinking patterns in your brain. Plus, it offers moments to show your appreciation toward others.

Learn more at TotalWellnessHealth.com



**NOVEMBER GRATITUDE CHALLENGE 2018** 



GRATITUDE CAN TRANSFORM COMMON DAYS INTO THANKSGIVINGS, TURN ROUTINE JOBS INTO JOY, AND CHANGE ORDINARY OPPORTUNITIES INTO BLESSINGS. WILLIAM ARTHUR WARD

