



**SAVE  
THE DATE!**

**Oct 15-17  
2024**

# MATTERS OF THE *Heart*

A Wellness Week Focused on Physical and Emotional Well-Being

## Onsite Kickoff

October 15<sup>th</sup> | 225 East Beaver Creek Rd.

- Oatmeal Breakfast
- Thriving Through Wellness Workshop

## Virtual Events

October 16<sup>th</sup> and 18<sup>th</sup>

- Coach's Corner
- Mediation and Workouts

## Onsite Open House

October 17<sup>th</sup> | Operations Centre

- Interactive Displays, Information, and Prizes!
- LIVE Express Wellness Workshops



Visit the Wellness Week  
Website at:

**EWSNetwork.com/  
wellness-week-rh**