

Herren Project, Herren Talks & Herren Wellness

# WELLNESS WEEK

WITH HERREN



PREVENTION. WELLNESS. RECOVERY.

# WHY WELLNESS

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Practicing wellness allows us to take care of our wants and needs to create healthy, happy, fulfilling lives. Wellness assists us in establishing boundaries, creating healthy habits and loving who we are. This framework helps prevent the misuse of substances and helps those in recovery feel more grounded in their sobriety.

Overall physical, mental and social wellbeing help us live the amazing lives we deserve, free from the negative effects of substances.

Wellness gives us tools to meet life's challenges and joys substance-free & strengthen our "sense of self".

Wellness is about slowing down and getting in touch with who you are.

Practice wellness, connect with your best self and BE YOU, LIVE WELL!

# WHAT IS WELLNESS WEEK WITH HERREN?



Theme: BE YOU. LIVE WELL.

Wellness Week is all about practicing healthy ways of handling life's challenges with the goal of the prevention and recovery of substance use disorder.

Each day of the week, we encourage you to practice an element of wellness.

Show your spirit by wearing purple & join us for events, online webinars and social media contests and more.

Schools, communities, businesses, individuals and families are all encouraged to participate.

Let's celebrate wellness, recovery and the power of being you and living well!

# CALENDAR | DAILY THEMES & EVENTS

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MONDAY

**LIVE WELL**

BE YOU, LIVE WELL

TUESDAY

**REAL TALK**

GROW, HEAL, THRIVE  
It all Starts with Wellness

WEDNESDAY

**EDUCATE**

WELLNESS - The Key to  
Prevention & Recovery

THURSDAY

**PRACTICE**

LIVE YOUR BEST LIFE,  
Practice Wellness

FRIDAY

**CELEBRATE**

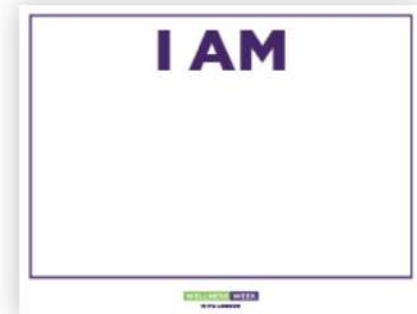
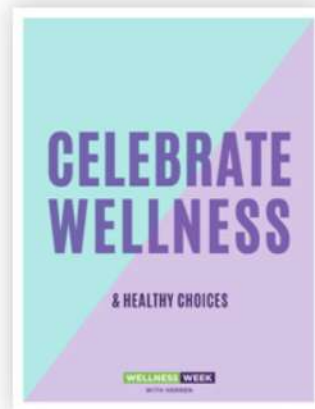
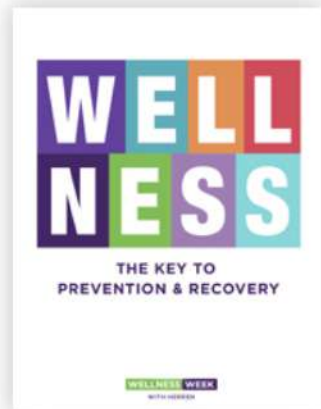
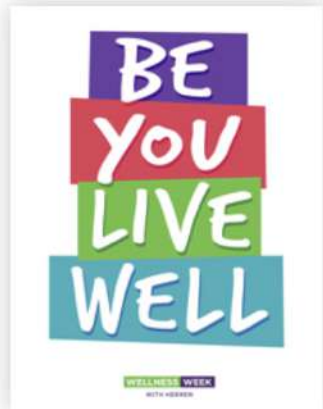
CELEBRATE WELLNESS &  
HEALTHY CHOICES

SATURDAY

**COMMUNITY**

FIND YOUR COMMUNITY.  
LIVE WELL TOGETHER.

# POSTERS



# BANNERS & STICKERS

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2' x 6' Vinyl Banners



3" x 3"



3" x 3"

# APPAREL



Front



Back

# SOCIAL MEDIA | HASHTAGS

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## **General:**

#WWWH2021

#wellnessweek

#beyoulivewell

## **Daily Themes:**

Monday - #livewell

Tuesday - #realtalk

Wednesday - #educate

Thursday - #practice

Friday - #celebrate

Saturday - #community

## **Contests & Activities:**

#herrenfitnesschallenge

#purpleandproud

#IAM

#ActofKindness

#BeYouDoGood

#RecoveryRocks



# FACEBOOK FRAME



# UPDATES & INFO

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Register to stay informed at: [wellnessweekwithherren.com](http://wellnessweekwithherren.com)

## Follow us on Social Media:

### Herren Project:

    @herrenproject

### Herren Talks:

    @herrentalks

### Herren Wellness:

 @herrenwellness        @herren\_wellness

### Chris Herren:

 @chrisherren24       @c\_herren       @c\_herren\_

**Questions:** Email [prevention@herrenproject.org](mailto:prevention@herrenproject.org)