

# Show Off Your Purple Spirit!

Celebrate Wellness & Healthy Choices

Wellness Week with Herren is about celebrating the positive ways wellness can improve our physical, mental and social well-being. Wellness gives us the tools we all need to meet life's challenges (and joys!) substance-free and strengthen our sense of self and community.

We invite **schools and communities nationwide** to gather with Chris Herren, Herren Project, Herren Talks and Herren Wellness to celebrate who we are: individuals and communities who are making a positive difference for prevention and recovery of substance use disorder.

Show off your **purple spirit** by wearing purple, holding purple pep rallies and events or decorating your town in purple ribbons or lights. Ask your local fire and police departments and town officials to join in. Be creative!

Share your purple spirit with us throughout the week of **March 2 - March 7** with the hashtag **#purpleandproud**. The three entries we feel have the most purple spirit will win a Herren purple gift pack. Winners will be announced on social media and notified on Monday, March 9.

