

Join Herren Project, Herren Talks and Herren Wellness for

# WELLNESS WEEK

WITH HERREN



PREVENTION. WELLNESS. RECOVERY.

March 2nd-7th, 2020

# 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 | MARCH 2ND

## LIVE WELL

BE YOU, LIVE WELL

TUESDAY | MARCH 3RD

## REAL TALK

GROW, HEAL, THRIVE  
It all Starts with Wellness

WEDNESDAY | MARCH 4TH

## EDUCATE

WELLNESS  
The Key to Prevention &  
Recovery

THURSDAY | MARCH 5TH

## PRACTICE

LIVE YOUR BEST LIFE,  
Practice Wellness

FRIDAY | MARCH 6TH

## CELEBRATE

CELEBRATE WELLNESS &  
HEALTHY CHOICES

SATURDAY | MARCH 7TH

## COMMUNITY

FIND YOUR COMMUNITY.  
LIVE WELL TOGETHER.

# DAILY THEMES & EVENTS

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MONDAY | MARCH 2ND

## LIVE WELL

BE YOU, LIVE WELL

- Herren Fitness Challenge Kick-Off
- Wellness BINGO
- National Read Across America Day
- Why Wellness is Vital to Prevention and Recovery from Addiction

# DAILY THEMES & EVENTS

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TUESDAY | MARCH 3RD

## REAL TALK

GROW, HEAL, THRIVE - It all Starts with Wellness

- The First Day Film Showings
- Dinner Discussions
- Pins for Prevention - Herren Wellness Guest Bowling Event

# DAILY THEMES & EVENTS

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WEDNESDAY | MARCH 4TH

## EDUCATE

### WELLNESS - The Key to Prevention & Recovery

- Webinar: Understanding the Teen Brain-How to Help Them Stay Well
- Why Exercise is Helpful in Combating Addiction & Long-Term Sobriety
- Ask a Life Coach Q & A

# DAILY THEMES & EVENTS

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THURSDAY | MARCH 5TH

## PRACTICE

LIVE YOUR BEST LIFE, Practice Wellness

- 20 Steps to Wellness
- “I AM” Poster Contest
- Acts of Kindness
- Herren Wellness 2nd Anniversary



# DAILY THEMES & EVENTS

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FRIDAY | MARCH 6TH

## CELEBRATE

CELEBRATE WELLNESS & HEALTHY CHOICES

- Register for a Herren Project Club
- “Show Your Purple Spirit” School Contest
- “Celebrate Wellness & Recovery” Writing Contest  
How Has Wellness Impacted Your Recovery?

# DAILY THEMES & EVENTS

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SATURDAY | MARCH 7TH

## COMMUNITY

FIND YOUR COMMUNITY. LIVE WELL TOGETHER.

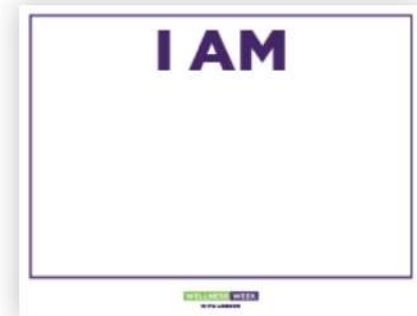
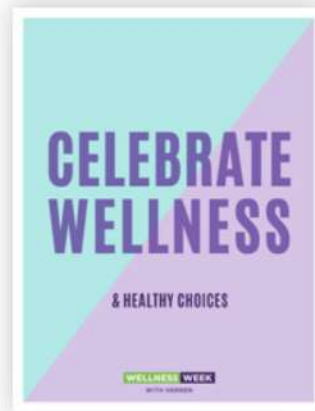
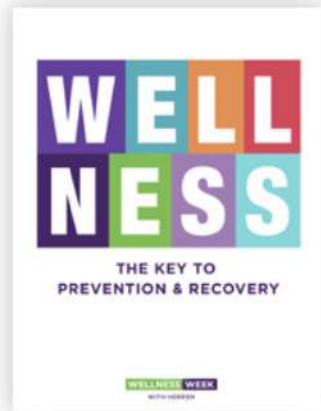
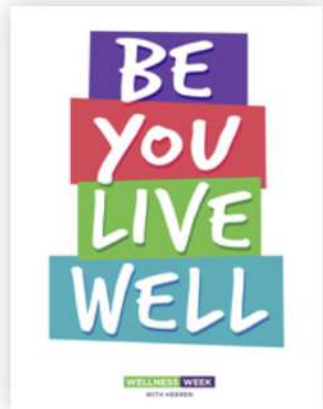
- Be You, Do Good - Volunteer & Give Back Initiative
- “Show Your Purple Spirit” Community Contest
- Recovery Rocks Walk/Run Meetups Nationwide
- Herren Project Alumni Paint Night

# WEEK-LONG & EVENTS



- Herren Fitness Challenge
- “Celebrate Wellness & Recovery” Writing Contest
- “I AM” Poster Contest
- “Show Your Purple Spirit Contest”
- Wellness BINGO

# 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:**

#WWWH2020

#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)