

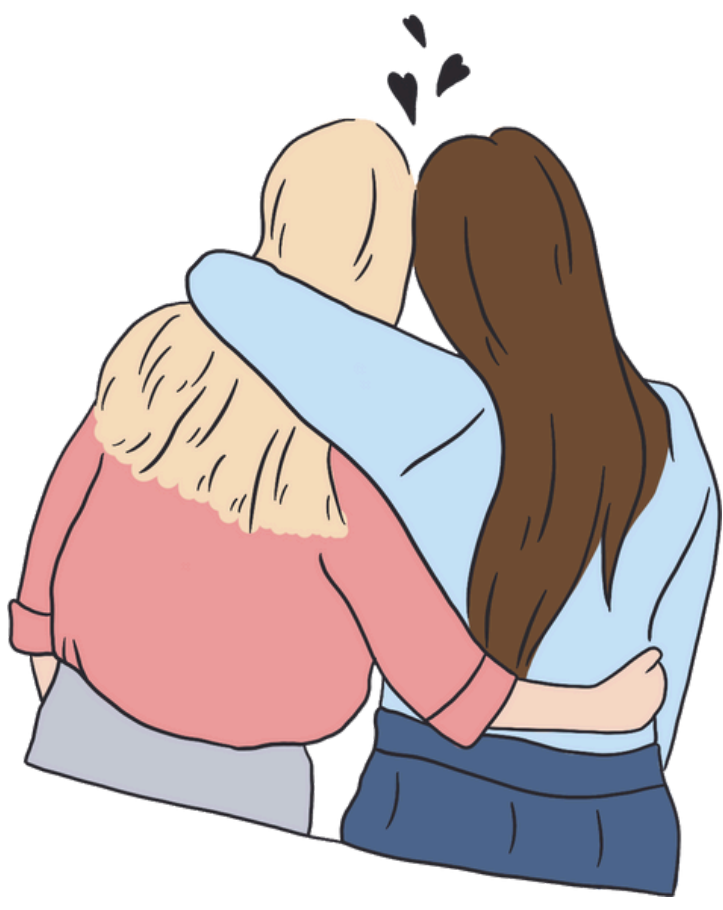
Ways to celebrate International Women's Day



Focus on Mental Health

Do something for yourself today, and your mind and body will thank you.

Your mental health is just as important as your physical health, and the two often go hand in hand!



Grab a Friend

Finding a friend to join an activity or even joining a group of friends for an activity can make it much more fun to stay physically active and be great for your social wellness!

Time to Relax

Stress can do some serious damage to the female body, including sleeping trouble and weaken the immune system!

Take some time to yourself to relax and release the stress you have built up from daily life!



Eat Healthy

Taking the right steps in reducing processed foods and eating more wholesome food can help you feel your best.

This doesn't have to happen overnight, but taking small steps and substituting with healthier options is a great way to start.

