

***bellin*health**

Bond Community
Center



Mindful March Challenge

March 1st - March 31st

Put yourself to the test and see how many activities you can complete with our Mindful March Challenge. Grab a calendar and complete the list of activities listed on it each day. At the end of the month write a paragraph to reflect on how the challenge changed you. Submissions will be entered for a Mindful Gift Basket. Calendars can be found at the front desk.

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