**EHA Wellness – November 2022 Blurbs**

Below are short “blurbs” that you can use to promote a variety of upcoming EHA Wellness challenges and programs. Feel free to use in newsletters, on your website, or anywhere that you think might help get the word out! You are also welcome to add or edit to make them your own.

November 1

If you are feeling a bit stress, anxious or tired, remember, **you are worth the effort of dedicating a few mindful minutes a day just to YOU!** Click on this [link](file:///C%3A%5CUsers%5CLinda%5CDocuments%5CMy%20Documents%5CEHA%5COnline%20Programs%5C2020-2021%20Online%20Programs%5CBlurbs%5Cwork.headspace.com%5Ceha%5Cmember-enroll), complete the registration and start your **free subscription** to Headspace, the mindfulness and meditation app. Engaging with the app for just a few minutes a day can help you manage your stress, decrease your anxiety and improve your well-being. You’ll need your EHA Wellness code to register.

November 8

**Give yourself a break in December!**

Each day, during December’s EHA Wellness Challenge, Focused In, you will receive an email with opportunities for gratitude, affirmation, movement and mindfulness to inspire generosity toward your own wellbeing and happiness.

Remember, if you complete the program, you’ll be entered into a drawing for one of 600 $25 Amazon gift cards. AND, just for signing up you’ll receive downloadable affirmation cards and a yoga block.

November 16

With the holidays just around the corner, for most of us that means increased spending is also just around the corner. Or, if you started shopping early, you may already be feeling the crunch. Either way, this time of year our bank accounts can start to feel the squeeze! If you’d like some help with managing the holiday spending (or need to know what to do in January when the credit card bills come in) EHA Wellness can help with **MoneyWellth, our financial wellness program.**  Log into your dashboard at [www.ehawellness.org](http://www.ehawellness.org). Once you are on your dashboard, scroll down and click on the MoneyWellth logo.

November 22

Happy Thanksgiving! Take time to enjoy every moment the holiday has to offer. Mindfully savor the meal and really take time to focus on those loved ones who are with you. And remember to relax and take care of yourself as much as you can!

November 29

It’s not too late to sign up for December’s EHA Wellness online challenge, Focused In. Just for signing up you’ll receive downloadable affirmation cards and a yoga block to use with the free mini-yoga sessions! If you complete at least 20 days of the program requirements, you’ll be entered into a drawing for one of 600 $25 Amazon gift cards.

Register for Focused In and any of the other remaining challenges today at [www.ehawellness.org](http://www.ehawellness.org), enter your code and password (click the green Login button at the top).