



October 11, 2021 - November 7, 2021

## Weekly Activities

**Kickoff**  
10.6.21

### Utilizing SMART Goals!

- Recording of the 2021 Rhode to Wellness Challenge Kickoff with special guest Dr. Judson Brewer

### Healthy Movement!

- [Yoga Class](#)
- [Zumba Class](#)



### Participant Guide Resources

- **Week 1:** [Get Support](#)
- **Week 2:** [Manage Stress](#)
- **Week 3:** [Take Charge of Your Thoughts](#)
- **Week 4:** [Get Back on Track](#)

**Week 1**  
10.11.21



### Healthy Eating!

- [Cooking Demo \(English\)](#)
- [Cooking Demo \(Español\)](#)
- [Healthy Recipe Videos \(SNAP Education\)](#)



**Week 2**  
10.18.21

### Healthy Mind!

- [5-Minute Guided Meditation](#)
- [Deep Breathing to Reduce Stress](#)

**Week 3**  
10.25.21



### Healthy Mind!

- [Guided Muscle Relaxation](#)
- [Gratitude TED Talk](#)



**Week 4**  
11.1.21

### Healthy Movement!

- [Flexibility Building Class](#)
- [Strength Building Class](#)