

## **Alpha-1 Well-Being Event**

**We are looking for committee members to help us with the planning of the first ever Alpha-1 Well-Being Event. Please email, Angela McBride if you are interested: [amcbride@alpha1.org](mailto:amcbride@alpha1.org)**

Did 2021 leave you with the realization that you crave a more balanced life and want to take more care of yourself? Are you looking to improve your well-being and develop more meaningful connections?

*Good Vibes* is a 2-day well-being event helping people to feel good through these challenging times. Our online sessions will cover topics ranging from motivation and mental health to fitness and healthy eating. The event will culminate with a keynote speaker and raffles on the final day with amazing prizes.

Your well-being isn't just about physical health, but also about nurturing your body, mind, and soul. Our sessions are here to inspire healthy minds, creative thinking and improvement! By regularly engaging and investing in your health and well-being, you are bound to stimulate exciting innovation in your life.

Engage with experts and get involved with our meditation, yoga, healthy cooking, journaling, wine tasting, goal setting, and much more!

What are the 5 factors of wellbeing?

5 steps to mental wellbeing

1. Connect with other people.
  - Good relationships are important for your mental wellbeing.
2. Be physically active.
  - Being active is not only great for your physical health and fitness.
3. Learn new skills
4. Give to others
5. Pay attention to the present moment (mindfulness)



Get ready to be inspired to stay healthy, driven, motivated and engaged!