

# A LITTLE BIT OF WELLNESS...

*Introducing "A little bit of WELLNESS", a new monthly wellness initiative for Anglophone West School District employees to help introduce inConfidence articles as well as other wellness-related resources.*

---

celebrate  
**WELLNESS!**

October 1 to 7 is Wellness Week throughout New Brunswick. Check out [what's happening](#).

Adopt a healthy lifestyle - [Think, Act and Feel Positive](#). Know [what type of foods are better for you](#) and the importance of physical activity in your day. Involve the whole family and enjoy [apple picking](#) this fall.

[Get started on a walking program](#) and reap its benefits by [moving the SMART way](#). Ready, Set, Walk!

For more resources on wellness, visit [www.myinconfidence.ca](http://www.myinconfidence.ca)

User ID: GNB

Password: inconfidence

