Want to go on an exciting world-wide tour to help feel your best? Then today’s the day
to plan your trip. Travel around the world, stopping at amazing hot spots as you record
health/wellness behaviors. In Worldwide Wellness, you’ll record physical activity,
practicing self-compassion and developing active listening skills. Earn points and pins as
you build well-being habits that last long after your journey is over.
You have the option to participate as an individual or form a team of 3-5 coworkers and
support each other to reach goal(s) over the course of 6 weeks.