

# 5 THINGS

you can do right now as part of your wellness routine.



- 1 . Get a Massage** - Treat your body to a relaxing or therapeutic massage. Invite your spouse or a friend to join you at the spa.
- 2 . Read a New Author** - Peruse *The New York Times* Book Review and find some authors you've never read.
- 3. Skip Dessert All Week** - Muster your willpower and ignore your sweet tooth until Sunday — then savor every bite of a special dessert.
- 4. Watch a Documentary** - Scan your movie provider and choose an interesting documentary. You might learn something new!
- 5. Write a Sweet Note** - Write a short, kind note and leave it for a loved one to find. You'll probably "make their day."

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