

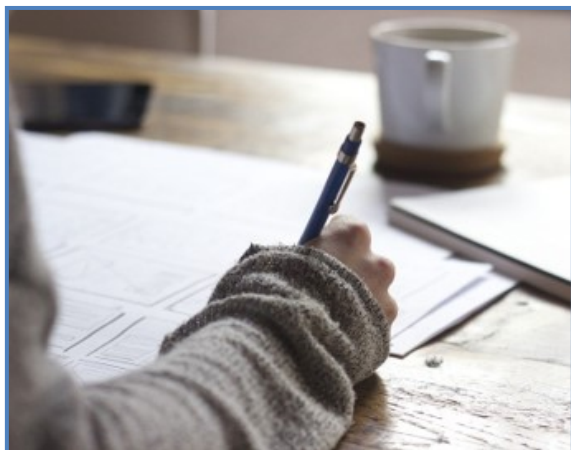
September Well-Being Assignments

Each month, we're going to give you two or three ways to improve your well-being. You can do one or all of them – its up to you. This month's assignments are:



Watch a new TED Talk.

Complete one of the Virtual Well-being meditations.



Reach out to a friend by phone, text or mail to encourage them.