

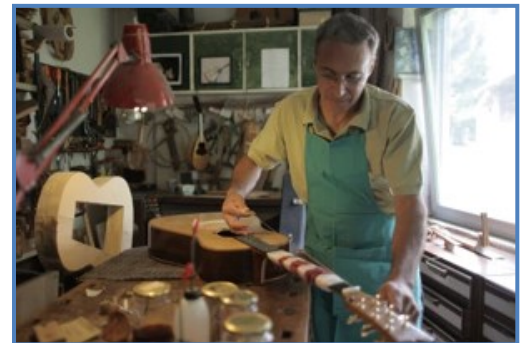
November well-being assignments

Each month, we give you small ways to improve your well-being. You can do one or all of them— it's up to you. This month's assignments are:



Make a meal with an ingredient you haven't used.

Spend time being creative. Draw, paint, cook, write or make something.



Connect with someone of a different generation.