

# Words of Wellness

October 2015

## LIFE BALANCE

by Kari Parsons and Eileen Anderson



**Apps: Balanced:**  
<http://balancedapp.com/>

**Websites:**



**Join the Wellness Movement in New Brunswick.  
Don't forget Wellness Week is Oct. 1-7**



<http://www.wellnessnb.ca/>

**Recipe for a balanced life:**

**THINK** POSITIVELY  
**NETWORK**  
**EXERCISE** DAILY  
**EAT** HEALTHY  
**WORK** HARD  
**STAY** STRONG  
**BUILD** FAITH  
**WORRY** LESS  
**READ** MORE  
**BE** HAPPY  
**VOLUNTEER**  
**RELAX**  
**LOVE**  
**LIVE**

**Books:**

