



**Choose Your Own Well-Being Care Package**

Select one of the following combinations designed to support your well-being in one or more of the ways discussed this week:

- ✓ One choice from Column A plus one choice from Column C
- ✓ Two choices from Column B plus one choice from Column C
- ✓ One choice from Column B plus three choices from Column C
- ✓ Five choices from Column C

COLUMN A	COLUMN B	COLUMN C
<ul style="list-style-type: none"> <li>• <a href="#">Credit towards live plant from The Sill (\$40)</a></li> <li>• iTunes Gift Card (\$40)</li> <li>• Netflix Gift Card (\$40)</li> <li>• <a href="#">3-month membership to Headspace Meditation Plus</a></li> <li>• Whole Foods Gift Card (\$40)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Resistance bands</a></li> <li>• <a href="#">Essential Oil Diffuser</a></li> <li>• <a href="#">Ahava Dead Sea Mineral Bath Salt (Lavender)</a></li> <li>• <a href="#">Stationery from Liberated Roots Collection (\$20)</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Lavender Essential Oil</a></li> <li>• <a href="#">Foam Roller</a></li> <li>• <a href="#">Lavender Therapy Dough</a></li> <li>• <a href="#">52 Lists for Happiness</a></li> <li>• <a href="#">52 Lists for Calm</a></li> <li>• <a href="#">Adult Coloring Book</a></li> <li>• <a href="#">Thank You Appreciation Greeting Cards</a></li> <li>• <a href="#">Ghiradelli Dark Chocolate Minis</a></li> <li>• <a href="#">Chamomile Herbal Tea</a></li> </ul>