



# RETTA MEMBER WELLNESS GRANT

## Wellness Activity Ideas

RETTA members are encouraged to put forward proposals for events that support any dimension of member wellness. The following non-exhaustive list is provided to offer suggestions and spark ideas for diverse and meaningful wellness events.

<b>PHYSICAL WELLNESS</b>
<ul style="list-style-type: none"> <li>● Fitness Classes (HIIT, Step, Boxing, Barre, Strength Training, Cycling, etc.)</li> <li>● Running/Walking Clubs</li> <li>● Fitness Coaching Sessions</li> <li>● Outdoor Sport Lessons or Clubs</li> <li>● Fitness Challenges</li> <li>● Nutrition Presentations (Nutritionist, Dietician)</li> <li>● Cooking Classes</li> </ul>
<b>CREATIVE/INTELLECTUAL WELLNESS</b>
<ul style="list-style-type: none"> <li>● Paint Night Sessions</li> <li>● Creative Writing Workshops</li> <li>● Knitting or Crochet Clubs</li> <li>● Language Classes</li> <li>● Poetry Sessions</li> <li>● Music Lessons</li> <li>● Virtual Board Game Tournaments</li> </ul>
<b>FINANCIAL WELLNESS</b>
<ul style="list-style-type: none"> <li>● Investment Education</li> <li>● Financial Literacy Sessions</li> <li>● Presentations on Budgeting, Investing and/or Financial Wellness</li> <li>● Book Studies</li> </ul>
<b>SPIRITUAL/MENTAL WELLNESS</b>
<ul style="list-style-type: none"> <li>● Meditation or Mindfulness Sessions</li> <li>● Yoga Classes</li> <li>● Art for Meditation Experiences</li> <li>● Outdoor/Nature Activities</li> <li>● Book Clubs</li> <li>● Presentations on Stress-reduction Techniques</li> <li>● Journaling Sessions</li> <li>● Activities to Promote a Healthy Work/Life Balance</li> </ul>