



PAW-SITIVE CHALLENGE!

PETS CAN BOOST YOUR MENTAL HEALTH BY LOWERING STRESS HORMONES, BLOOD PRESSURE AND MORE. FOR THE NOVEMBER WELLNESS CHALLENGE SUBMIT A PHOTO OF YOU SPENDING SOME TIME WITH YOUR PET. YOU'LL BE ENTERED INTO A RAFFLE FOR 1 OF 4 CUSTOMIZED GOODY BOXES FROM CHEWY.COM!

Send photos to sjcwellness@sjcfl.us.