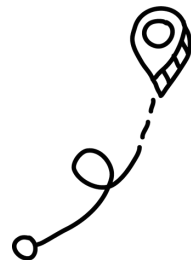




SMALL STEPS, BIG IMPACT:

YOUR PATH TO BECOMING A WELLNESS CHAMPION

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WHY IS IT IMPORTANT TO TALK ABOUT WELLNESS IN PHARMACY?



WELLNESS AMBASSADOR TOOLBOX

PART 1: THE WHY



PART 2: ASSESSING YOUR CURRENT LANDSCAPE



PART 3: IDENTIFYING KEY AREAS FOR INTERVENTION



PART 4: BRAINSTORMING SOLUTIONS & STRATEGIES



PART 5: IDENTIFY YOUR SUPPORT SYSTEM



PART 6: MY ACTION PLAN



**LITTLE STEPS
MATTER**

Download monthly
wellness calendar here

