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Gratitude and Random Acts of Kindness event a HUGE success!

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Local kiddos and families make a splash during the 3rd Annual Beach Breakers obstacle course.



“We’re here to shine the spotlight on gratitude, make connections and involve the community.”

*Sarah Urtel, Vice President,
Ridgeview Medical Center*

HOW TO BECOME A CHAMPION FOR ALL’S WELL

Share your stories and create new stories of gratitude and random acts of kindness in our local communities. Use All’s Well social media channels to showcase these stories, increase the communities awareness of gratitude and random acts of kindness, and encourage others to do the same! Also if you have an event or an article we can share? Send it our way!

www.allswellmn.com

Facebook at All’s Well

Instagram @allsWELLwellness

Twitter @allswellmn

We formally launched our third pillar.... Gratitude!



GRATITUDE AND RANDOM ACTS OF KINDNESS EVENT

More than 75 Waconia and surrounding community residents attended a “Gratitude and Random Acts of Kindness” event on June 20, at Schram Vineyards. The event attendees enjoyed a brief overview of the gratitude initiative, giveaways, wine, beer and light appetizers. “Research has shown that performing an act of kindness produces the single most reliable increase in well-being of any exercise that has been tested.” explained Peter Hess, program sponsor Thrivent Financial.

“Nutrition, fitness and mental health are all about education and developing healthy lifestyles, so we are ‘all in’ on supporting this initiative from our schools’ perspective,” added Pat Devine, Superintendent District 110.

The goal of All’s Well – Wellness for All is to raise awareness and support for our community initiative based on gratitude and random acts of kindness.

All’s Well is a partnership of community, school and business leaders who are working together to help residents of all ages live healthier, longer, happier lives. Organizations, businesses, schools, faith communities, teams/clubs and community members are also encouraged to sponsor or host activities that support or align with the All’s Well mission. For more information contact Lisa Bryant at lisa.bryant@ridgeviewmedical.org or (952) 442-2191 ext. 35590.

This successful gratitude event was hosted in partnership by:

Ridgeview Medical Center, Waconia School District 110, All’s Well and Thrivent Community – Laketown.

RANDOM ACTS OF KINDNESS CHALLENGE

How many can you complete in the next month?

- Write chalk messages on the sidewalk
- Compliment everybody you encounter in a day
- Write a handwritten note to someone
- Volunteer
- Encourage someone you see working really hard at the gym
- Leave random notes of happiness
- Leave the closer parking spot for someone else
- Hug somebody like you mean it
- Sincerely compliment someone on his/her character

Share your photos/stories at www.allswellmn.com

TIME TO CHEER...
Gratitude Gear is Here!

Purchase your hat today
and wear to local events.

Sold online at
www.allswellmn.com
and coming soon to
Mackenthuns!



3RD ANNUAL BEACH BREAKERS EVENT

Waconia Community Education and Thrivent Financial put on a great adventure for more than 70 participants on August 15th. The 1.5 mile course contained 10-12 obstacles that were fun for kids and adults alike. Participants got wet and dirty, This event raised more than \$5000 which will go to the All's Well Program.



SPECIAL THANK YOU TO OUR SPONSORS

Thrivent Community Laketown Waconia District 110
Community Education Goldfinch Gang, Iron Tap/The Main Scoop, Kruckman Family Dentistry, Lenzen Chevrolet-Buick, Melchert, Hubert, Sjodin Neubauer Chiropractic, Ridgeview Medical Center, Sign Source, Snap-On Brad Wolf Top-Line Painting, Structural Design Concepts, Twin Cities Orthopedics



Making behavior changes is hard and rewards help motivate. Set a goal and reward for yourself and work toward it. You might buy yourself something you've been wanting for a while when you stick to your workout plan for one month, or buy new walking shoes when you reach 10,000 steps each day for two weeks.



STAY TUNED.... ANOTHER EXCITING GRATITUDE EVENT TO BE HELD IN EARLY 2019!

"If you want to find happiness, find gratitude." - Steve Maraboli