

Wellness Week Journaling Challenge

Published 10/4/2024 by [Mahsa Hajir](#)

Wellness Week Journaling Challenge ☒☒

- 21 days of journaling to support your mental health
 - October 7th - October 11th
 - Registration required
 - Complete the challenge to be entered in a draw for a Wellness gift basket!
- [21DaysOfJournaling-RegistrationLink](#)