

# Special Activities

Activities are valid all quarter

## Gratitude Wall - 300 Points

Gratitude plays a powerful role in stress management by helping us refocus and find moments of peace amid the chaos. Whether it's taking a moment to appreciate a kind gesture, a beautiful sunset, or a small win in your day, practicing gratitude can shift your mindset and calm your stress. We know life can feel overwhelming, so we want to encourage you to incorporate gratitude into your daily routine. **Stop by the Gratitude Board at the Blue Ridge Café and share something you're thankful for.** As you pass by throughout the day, let it be a gentle reminder to pause, reflect, and appreciate what brings you joy.

*Virtual and offsite employees, please use [this link](#) to submit your gratitude message - code is in the title of the whiteboard. If you are onsite and able to write on the board in person, please add your message there instead.*

## Press Play to Recharge - 250 Points

Music is one of the easiest - and most powerful - ways to relieve stress and recharge after a long day. So let's create a playlist featuring the songs our Augusta Health team members turn to when they need to reset. Whether it's calming instrumentals, throwback hits, country classics, or upbeat pop - if it helps you unwind, we want to hear it.

Email your song choice(s) to [welltogether@augustahealth.com](mailto:welltogether@augustahealth.com) by June 30, and we'll add them to a collaborative Spotify playlist for everyone to enjoy. As a thank you, participants will earn **250 Wellable points** and be entered to **win 1 of 2 \$50 Amazon gift cards**.

*Please note: Songs containing explicit or offensive language will not be added to the playlist.*

## 30 Days of Stress Relief - 1000 Points

Stress happens - but it doesn't have to run the show. This [30-day challenge](#) helps you unplug, reset, and feel calmer with simple, science-backed activities. Try one soothing practice a day—meditation, gentle movement, breathing, whatever works. No perfection needed, just show up. Ready to calm your mind and body? Let's get started. Check off all the days when you did a calming activity and submit to [welltogether@augustahealth.com](mailto:welltogether@augustahealth.com) by the end of the quarter to earn 1000 points.

## The Well Way - 150 Points Per Class

In 2026, we're offering a variety of [wellness activities](#) throughout the year — free and open to all team members! You don't need to use the app or join a specific program to participate. These activities are simply an additional resource to support your mental & physical well-being.

Our second quarter focus is on walking and self-care, wrapping up with a fun hike at the Blue Ridge Tunnel Trail on June 27. Check out the [second quarter wellness calendar](#) and join us for activities that help you relax, recharge, and reconnect.

# April Special Activities

Activities are valid until April 30<sup>th</sup>

## Weathering Your Savings - 500 Points

Each week, check the forecast for Sunday's high and low temperature. Choose the amount that best fits your budget (save the high temperature for a bigger challenge or the low temperature for a smaller goal). Set that dollar amount aside during the week and repeat the process for four weeks. At the end of the challenge, deposit your total savings into your savings account and celebrate the progress you've made!

[Click here to access the worksheet](#) and return to [welltogether@augustahealth.com](mailto:welltogether@augustahealth.com) by May 6 to receive your points!

## Fiscal Fitness Webinar - 500 Points

This webinar explores strategies to take control of personal finances, build healthy money habits, and plan for long-term financial wellness.

Join us live on April 7 at 10am, 12pm or 3pm - [register here!](#) *If you are unable to attend on that date, please open your app and click on "events", choose the webinar and click "watch" to view the recording.*

## Fiscal Fitness Reset: Build Your Financial Foundation - 500 Points Total

Explore the [fiscal fitness continuum](#) to assess your financial position and identify practical steps to strengthen your financial foundation. Then, listen to five short "podclasses" to transform your money mindset and build lasting security. You will earn 100 Wellable Points for each episode you listen to in April! After listening to each podclass, you'll receive a confirmation message and see the activity logged on your Dashboard.

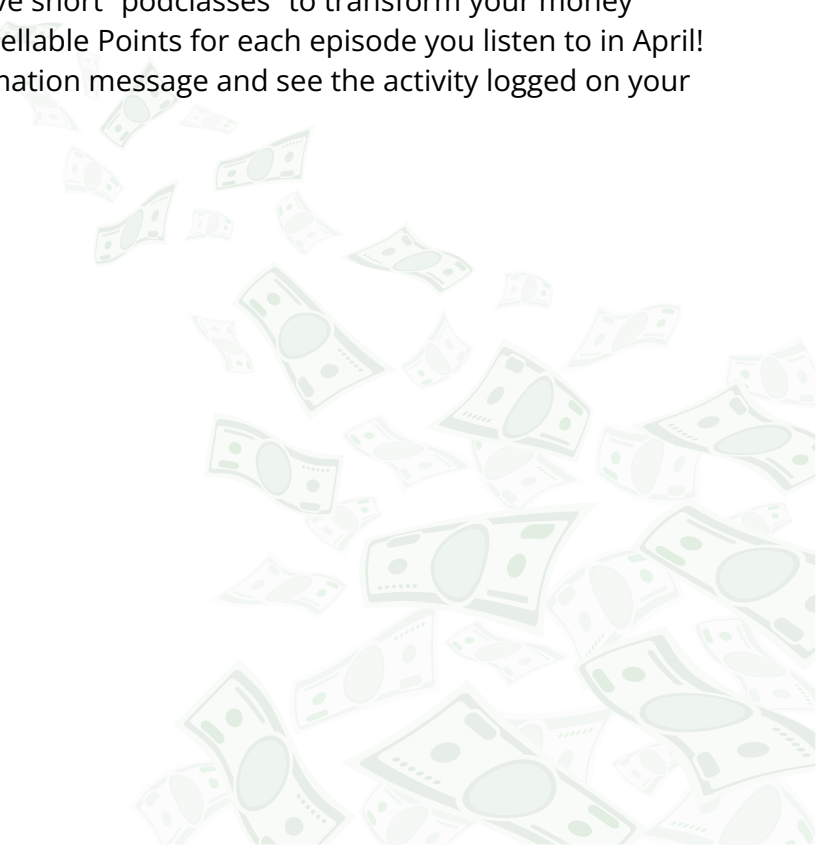
[Episode 1: Release Stress](#)

[Episode 2: Decode Patterns](#)

[Episode 3: Align Values](#)

[Episode 4: Establish Boundaries](#)

[Episode 5: Build Confidence](#)



# More April Special Activities

Activities are valid until April 30<sup>th</sup>



## Workout Wednesdays - Power Yoga

This dynamic, full-body class builds strength, flexibility, and endurance through a series of flowing postures linked with intentional breath. Join us for the live sessions on April 8 at 9am, April 15 at 12pm, and April 22 at 5pm. [Register here.](#)

*Good news! You can complete this activity weekly and earn points each time by logging it as physical activity—no code needed. Instructors will give instructions at the end of each session. Sessions aren't recorded, but after each one, your registration link will lead to related on-demand classes.*

## Thrive Thursdays - Energizing Breathwork

This revitalizing practice promotes focus and vitality through rhythmic patterns and intentional breath control to stimulate circulation, increase oxygen flow, and elevate energy levels. Join us for the live sessions on April 9 at 8am, April 16 at 12pm, and April 23 at 4pm. [Register here.](#)

*Good news! You can complete this activity weekly and earn points each time by logging it as physical activity—no code needed. Instructors will give instructions at the end of each session. Sessions aren't recorded, but after each one, your registration link will lead to related on-demand classes.*

