



Well-being Challenges

Challenge 1

- Tell 3 people 3 things you love about them and send us what you said and their response

Email your response to: Well-being@ruachcitychurch.org

Challenge 2

- What scriptures in the bible promote wellbeing?

Email your response to: Well-being@ruachcitychurch.org

Challenge 3

Send a video of your family working out together or stretching. Here is an example with some ideas:

<https://www.youtube.com/watch?v=a2Pbs3tqENs&feature=youtu.be>

Videos can be sent to: Well-being@ruachcitychurch.org