



# Wellness Newsletter

November  
2025

**FUEL YOUR BODY. MOVE YOUR BODY. WAKE UP READY.**

## Theme of the Month: Gratitude & Giving

November is a time to slow down and appreciate the small things: a deep breath, a good meal, a kind word. Gratitude keeps us grounded; giving back keeps us connected. This month, let's move with purpose, share our energy, and finish the year with thankful hearts.

### Mindful Moment

Write down three things you appreciate. Gratitude shifts our mindset, lowers stress, and helps us show up with more patience and joy.

### Community Connection

This month, we're highlighting giving back: Follow the Homer Food Pantry on Facebook for open hours. Donations are vital to keep their shelves stocked and their mission strong. On your next visit to the pantry, plan to bring a small cash or check donation. Every little bit of kindness makes a big difference.

### Episode of the month

Episode 57: Gratitude, Stress, & Nourishment  
Wake Up Ready Podcast on Spotify & Apple

### Group Fitness

#### Saturdays:

**FREE Group Stretch & Walk**

**8:15 a.m.: Gentle full-body stretch**

**8:30 a.m.: 30-min walk**

**Heritage Elementary School Track**

**All ages & fitness levels welcome!**

### Nutrition Snapshot

#### 5-Ingredient Harvest Soup

Combine sweet potatoes, carrots, onion, vegetable broth, and a pinch of cinnamon. Simmer until soft, blend, and share a bowl with a friend or neighbor.

**For questions or submissions:**

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