



Mindfulness

Optimism

Gratitude

Connection



MCWOW Presents... our Fall Wellness Challenge

October 5th thru November 1st, 2026

Create a brighter fall – one activity at a time! Join our 4-week Fall Wellness Challenge and explore simple ways to build resilience, boost happiness, and strengthen your emotional wellbeing.

Win *PRIZES!*

***Earn 2,500
Wellness Incentive Points!***

REGISTRATION CLOSING OCTOBER 14TH

Learn More and Register Online @
www.mendocinocounty.gov/hr/mcwow/challenges

