

**March Mental Health and Wellness Theme:**

**A Mindful March**

**Want to learn more about Mindfulness? Check out this month's theme provided to us by Trina Markusson!**

**Insert: PDF - Taking care of Mental Wellness By Trina Markusson**

Trina Markusson is author of Good Morning, Sunshine! A story of Mindfulness. Inside the book readers will learn mindfulness tools to help them find peace and happiness in the moment. At the end of the month she is donating 2 copies to our members! We will host a draw and contact the winners in the first week of April!

- Check out her app! Release

**Check out the Website to register and join Trina for a 10 Day FREE Mental Wellness Challenge!**

**[Free 10 Day Adult/Teen Mental Wellness Challenge](#)**