



# SOCIAL MEDIA CHALLENGE FOR WELL-BEING WEEK IN LAW

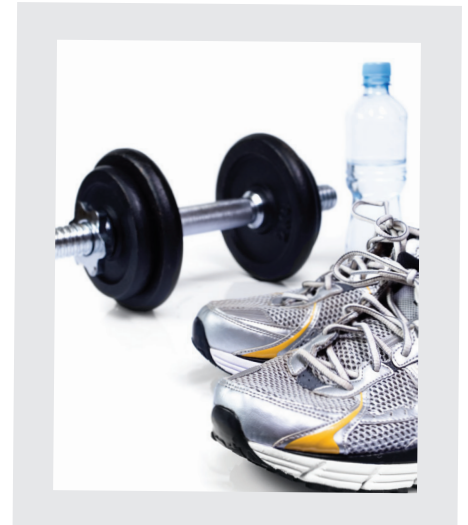
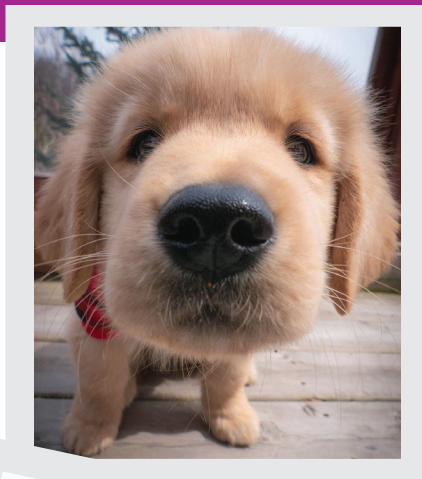
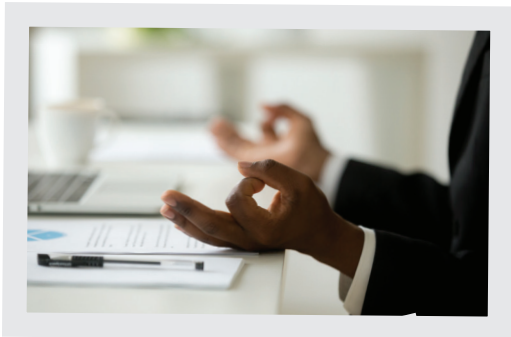
## HOW DO YOU WALK THE WELL-BEING TALK?

### Post About Your Favorite Well-Being Boosters | May 3-7, 2023

We'd love to hear (and see!) how you promote and protect your well-being everyday to recognize your good efforts and to inspire others. So we're launching a fun and simple **Walk the Talk Social Media Challenge** for Well-Being Week in Law 2023.

### How to Participate: It's easy!

- 1 Post on social media about one or more of your favorite well-being practices. Photos are strongly encouraged!
- 2 Use the hashtag #IWILChallenge.
- 3 Register your participation on [IWIL's Participation Page](#). You'll be automatically entered into a drawing for awesome, well-being-boosting prizes, including a 3-day, all-inclusive wellness vacation at Canyon Ranch.



WELL-BEING  
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MAY 1-5, 2023