

## WELLNESS PRESCRIPTION

- Attend a WRAP group 1x per week for 8 weeks (see locations on reverse).
- Get \_\_\_\_\_ minutes of exposure to natural light \_\_\_\_\_ times per week.
- Engage in physical activity of your choice for \_\_\_\_\_ minutes per day, \_\_\_\_\_ times per week.
- Attend one community activity of your choice \_\_\_\_\_ times per \_\_\_\_\_.
- Call 1-800-NO-BUTTS for support in quitting tobacco products, and/or participate in a smoking cessation support group (see locations on reverse).
- Other: \_\_\_\_\_  
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### What is WRAP?

The Wellness Recovery Action Plan®, or WRAP®, is an evidence-based practice used by people who want to attain the highest possible level of wellness.

To learn more and find groups near you, call (510) 832-7337 or visit the PEERS website at [www.peersnet.org](http://www.peersnet.org).

### What is the Tobacco Cessation Project?

PEERS' tobacco peer-to-peer support groups provide information and step-by-step plans to help participants in their journey to a tobacco-free lifestyle.

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