



PARTICIPATION CHALLENGE FOR WELL-BEING WEEK

SHARE YOUR EXPERIENCE & WIN PRIZES

How Are You Participating?

We'd love to hear how you're participating in Well-Being Week in Law 2023! Did you read, watch, or do something to boost your well-being? Perhaps you're organizing activities for others?

However you're participating, please give us a brief description, and feel free to share photos! Register your participation (only once, please) by May 12, and you'll receive an entry into our raffle for some fantastic well-being-boosting prizes listed below. To receive additional entries, register for WWIL as an individual and attend the IWIL hosted daily webinars..

Deadline: May 12, 2023

1 CANYON RANCH EXPERIENCE

Four-Day/Three-Night [Pathway](#) stay for One Person at either [Canyon Ranch](#) in Tucson, Ariz., Lenox, Mass., OR Woodside, Calif.

This prize includes deluxe accommodations and one of Canyon Ranch's immersive Canyon Ranch wellness experience "pathways" designed to guide guests towards a new life of health, purpose, joy, and energy. Focused around specific wellness intentions, each is expertly bundled for best value and impact, helping to achieve and maintain a healthy lifestyle.

(Blackout dates: 12-22-2023 to 1-1-2024).

2 APPLE WATCH SERIES 8

An [Apple Watch Series 8](#) to boost your motivation to get and stay healthy.

3 APPLE AIRPODS PRO

The New [AirPods Pro](#) Up to 2x more Active Noise Cancellation than the previous generation. H2 Chip. Active noise cancellation.

4 CLASSPASS GIFT CARD - \$100

A \$100 [ClassPass](#) membership to thousands of fitness classes, gyms, wellness and beauty venues.

5 SPA FINDER GIFT CARD - \$90

A \$90 [Spa Finder](#) gift card that can be used at many spas across the U.S.



**WELL-BEING
WEEK
IN LAW**

[REGISTER HERE](#)