

This Way To Well-Being

explore a path to a happier, healthier you

Start anywhere to win a prize!

Visit a park

Plant a garden

Start a wellness group at work

Join a walking group

Get an annual check-up

Eat more fruits & veggies

Practice financial wellness

Attend a training

Check-in on a loved one

Follow us on social media

Visit Food Roots

Take a stretch or walk break

Start a daily gratitude routine

Walk along the beach

Cook a new healthy recipe

Try a new fitness class

Share this with a friend!

Attend a community event



Tillamook County
WELLNESS
Making Healthy Happen

Everyone wins when they take steps to prioritize their health!
See the back to learn how you can win a prize: