



Resources to Activate your Wellness



Click Here

To explore the CAL community wellness website that links to resources in each of these areas.

Recipes

Mediterranean Chicken Bowl



Peanut Butter Power Bites



Mini Quiches

Salmon, Sweet Potato, Kale & Quinoa Salad



Mindfulness



InsightTimer



3 min Body Scan

17 min Breathing Meditation

45 min Sleep Music