

SERVICE TO-GO

Wellness Kit

LifeWise StL offers fitness classes, nutrition and cooking workshops, one-on-one coaching sessions and a healthy meal feature. These kits can support participants as they apply healthy practices to their daily lives.

Supplies

- Small reusable tote or gift bag
- Yoga Mat
- Water Bottle
- Stretch bands
- Bandana

Quantity Needed

- At least 10.

Directions

1. Arrange items how you see fit in the small reusable tote or gift bag.
 - a. If anything has instructions for set-up, please leave instructions with the item.
2. After kit assembly, please recycle any cardboard, paper, or plastic. Plastic bags can be recycled at most grocery stores.
3. Deliver the completed kits to LifeWise StL by reaching out to Alicia Somarriba at asomarriba@lifewisestl.org to arrange a drop off time.

LifeWise StL is located at 1321 S 11th Street, St. Louis, MO 63104. To drop off kits please arrange a time with Alicia Somarriba by emailing her at asomarriba@lifewisestl.org