*Wellness Essay Prompt:*

*Research a Wellness strategy that interests you then write a 4-5 page essay. You may use ideas from Global Health and Wellness Strategies page or choose something that truly interests you.*

*Format:*

1. *Intro to your wellness strategy,*
2. *Background/origin of your technique,*
3. *Ailments/issues it helps with proof from research,*
4. *New and interesting facts,*
5. *Conclusion*
6. *Works  Cited page - include at least 3-5 credible resources preferably from MC Library Electronic Database (documentaries count as well).*
7. *MLA 12 point font , double spaced, Times New Roman. MLA\_revised 8th\_edition\_changes-1.pdf*

*Actions*