

How to Make a Wellness Toolbox using 8 1/2" x 11" Paper by Michelle Black

Follow instructions from IMG_8349 to IMG_8379 for the bottom of the box and then follow the same instructions for the top of the box. Then decorate the box, if you wish (see sample). With the left-over paper create a bookmark with the 7 dimensions of wellness written on it. Check out the Wellness Network's website at www.wellnessnetworkedmonton.com for more information about these dimensions.

Page 1 of 2



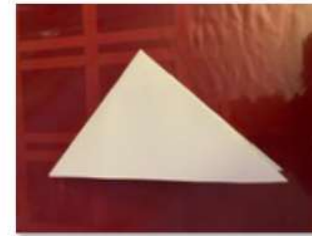
IMG_8349.JPG



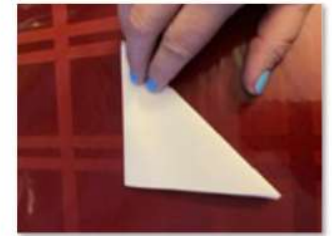
IMG_8350.JPG



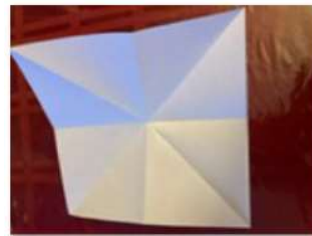
IMG_8351.JPG



IMG_8352.JPG



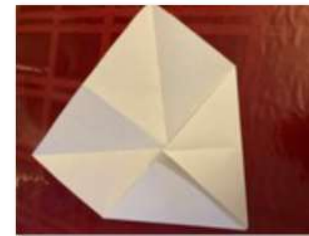
IMG_8353.JPG



IMG_8354.JPG



IMG_8355.JPG



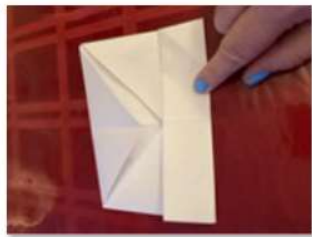
IMG_8356.JPG



IMG_8357.JPG



IMG_8358.JPG



IMG_8359.JPG



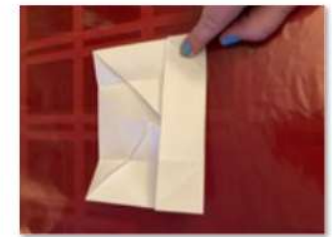
IMG_8360.JPG



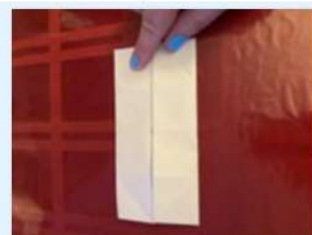
IMG_8361.JPG



IMG_8363.JPG



IMG_8364.JPG



IMG_8365.JPG



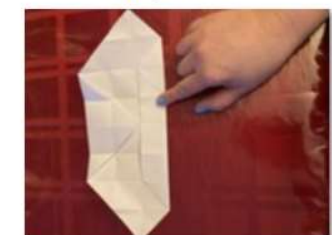
IMG_8366.JPG



IMG_8367.JPG



IMG_8368.JPG



IMG_8369.JPG



IMG_8370.JPG



IMG_8371.JPG



IMG_8372.JPG



IMG_8373.JPG



IMG_8374.JPG



IMG_8375.JPG



IMG_8376.JPG



IMG_8377.JPG



IMG_8378.JPG



IMG_8379.JPG



IMG_8380.JPG



IMG_8381.JPG



IMG_8382.JPG



IMG_8383.JPG



IMG_8384.JPG



IMG_8385.JPG



IMG_8386.JPG



IMG_8387.JPG