

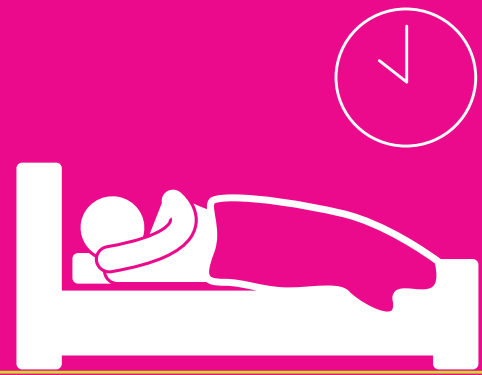
Turkey's Gift to the World

# GLOBAL WELLNESS DAY

June 9<sup>th</sup> 2018, Saturday

**Global Wellness Day**, launched in 2012 in Turkey with the mission to live well, is now a special day celebrated on the **2nd Saturday of June** every year in **7 continents** and **100 countries** around the world.

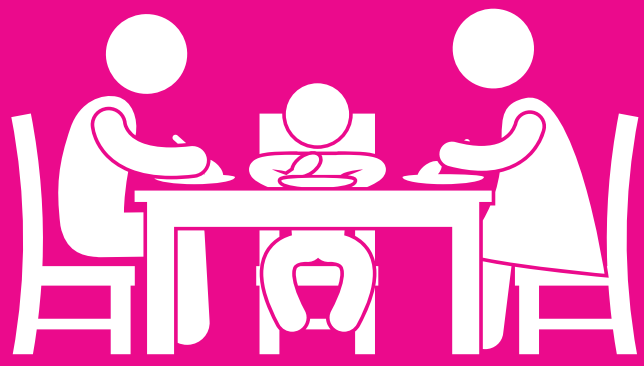
**7** Continents **100** Countries



*Sleep at 10:00 PM.*



*Walk for an hour.*



*Have a family dinner with your loved ones.*



*Drink more water.*



*Do a good deed.*



*Don't use plastic bottles.*



*Eat healthy food.*



f /globalwellnessday  
t /wellness\_day  
i /globalwellnessday

*"One day, can change your whole life!"*

[www.globalwellnessday.org](http://www.globalwellnessday.org)