

# GLOBAL WELLNESS DAY®

**8:00 – 9:00 am** Riviera Running – 5km – all levels welcome  
\*Check-in-point 7:45 am at the Hotel lobby

**10:00 am** Pilates Class  
\*Check-in-point 9:45 am at the Hotel lobby

**-15% discount on all SPA Dr Burgener Switzerland Menu**  
\*Minimum 60 minutes duration. Valid from 8<sup>th</sup> to 10 June 2019.

**I SAY  
YES!**

## GWD 7 STEP MANIFEST



**WALK FOR  
AN HOUR**



**DRINK  
MORE  
WATER**



**DON'T USE  
PLASTIC  
BOTTLES**



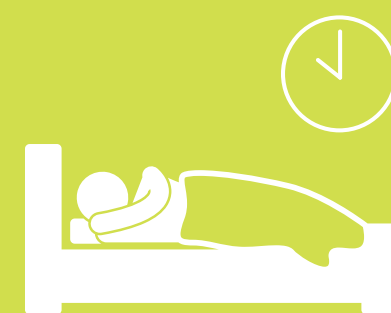
**EAT  
HEALTHY  
FOOD**



**DO A  
GOOD  
DEED**



**HAVE A  
FAMILY  
DINNER**



**SLEEP AT  
10:00 PM**