**Health Rocks @ 7020**

**Turning the Corner**

In this Rotary year, we all eagerly look to the next thing—defined by both the realities of what we all endured in the last several months and the requirements for us to continue and renew.

This conundrum that we all face may very well be the channel to find " the message in the mess”—the silver lining if you will. Be ever mindful and attuned to the importance of ***Self Care***—our mental attitudes, our nutrition, our wellbeing!

Yes, we are going to get through this, and we are going to be okay, even with a new normal.

As the District Health & Wellness! Chair, I look forward to collaborating with every Rotarian. Critical to engagement is the understanding of how our Health & Wellness Program may best serve you, your club, and the community. Also, to ensure that the District is best positioned to achieve the expectations of our Health & Wellness Program, we will regularly monitor the pulse of our 7020 Healthy Lifestyle.

Together, we can bring hope and help to our entire Rotary! and reignite our passion for the work we have before us.

Stay well,

Cheryl

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