

well-being resources survey

In answering the longing for physical health and well-being, Friends of Unity is creating a resource directory for people seeking spiritual, emotional, physical & economic guidance.

We are contacting you for recommendations to ensure our directory is as beneficial as possible. Your input will help us curate a selection of resources, experts, and skills that can empower others on their journey toward a more fulfilled life. The survey will take approximately 5-10 minutes of your time. We appreciate your willingness to share your knowledge.

Diane Janes and Susan Hahn

Physical Health and Wellbeing Ministry Focus Group

- **What books would you recommend? Please share the title, author, and how it has helped you.**

return responses to

Djanes1245@gmail.com or Saidoc@att.net

well-being resources survey continued

- **What speaker or presenter have you found inspiring in the realm of physical health and well-being? What makes their perspective unique?**

- **Do you possess a skill or talent that you would offer to help others improve their well-being? What talent?**

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