

# WHAT IS A SUPPORTIVE ENVIRONMENT FOR WELLNESS?



## JUST LIKE A TREE, YOUR WELLNESS STORY NEEDS THE RIGHT CONDITIONS TO GROW.

Your wellness story is about more than what you do and the choices you make. It's shaped by the people and places around you that nourish your wellness like soil, water and sunshine.



## START your STORY

Find out how people in NB are empowered to thrive thanks to the supportive environments around them! Visit [wellnessnb.ca](http://wellnessnb.ca)

New Brunswick  
**Brunswick**