

# Northwest Permanente Wellness Passport Guidelines

July – September 2019

## **Other:** **My Passion, My Wellness**

### **My Passion, My Wellness**

What do you wish you had more time for? Cooking, running, painting? Research shows that [pursuing your passions](#) lowers stress and contributes to greater happiness overall.

Click the link below to send an email to the NWP Communications Team and NWP Wellness with your story (100 words) and a photo about how you thrive. Your story may featured the monthly newsletter.

**Email My Passion,  
My Wellness**

Please submit all documentation to NWP Wellness, KPB 16  
or e-mail: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)