

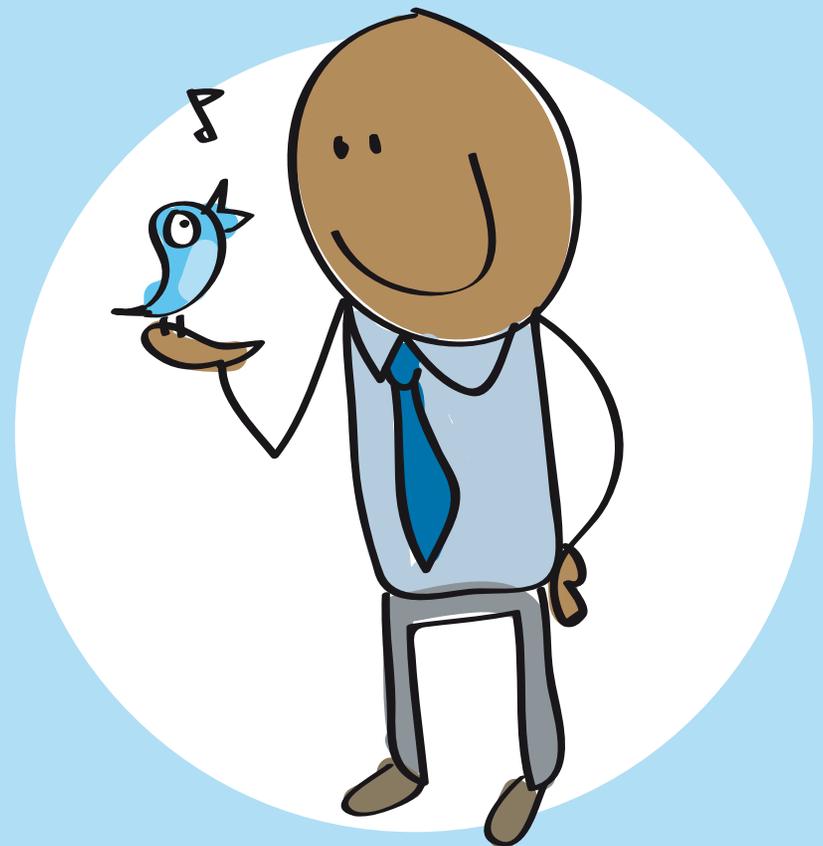
Smile.



It makes your heart happy.

Your Health Matters

Be mindful.



Be present.

Your Health Matters

Stretch!



Your Health Matters

Gratitude.



Have some.

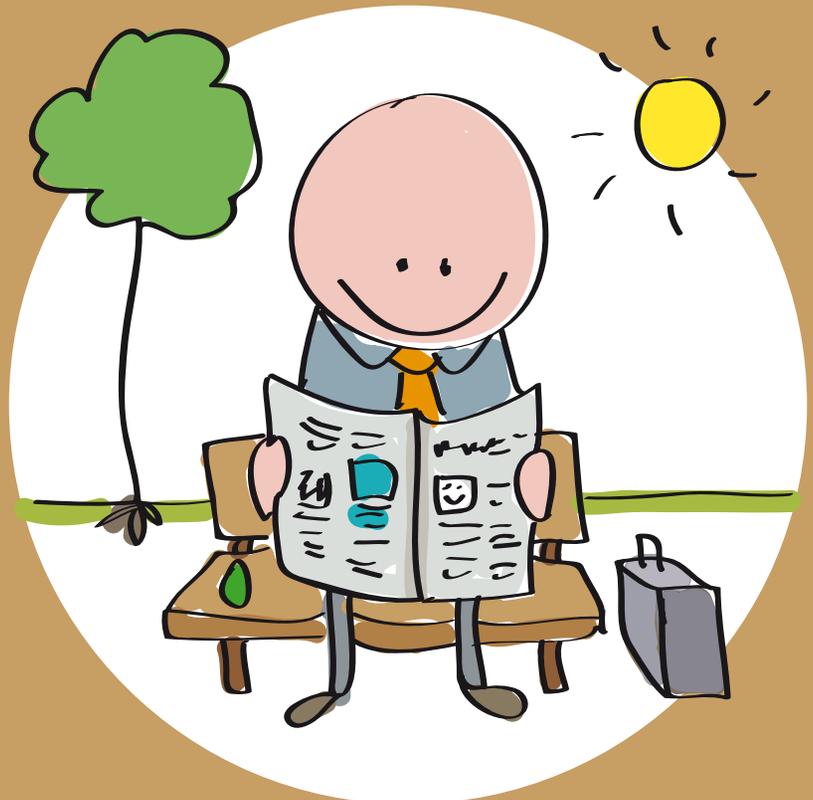
Your Health Matters

Just Breathe!



Your Health Matters

Unplug. Enjoy the quiet.



Take time for YOU!

Your Health Matters