

Stretch!



Your Health Matters

 **Health Matters**  
healthmatters.idaho.gov

Gratitude.



Have some.  
Your Health Matters

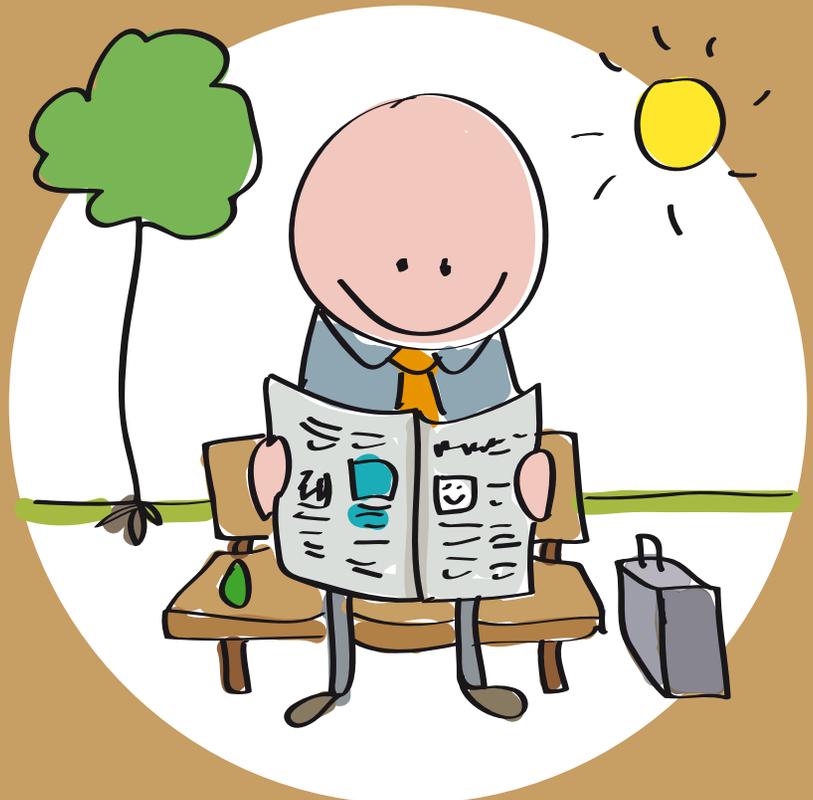
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Just Breathe!



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Unplug. Enjoy the quiet.



Take time for YOU!

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Smile.



It makes your heart happy.

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Be mindful.



Be present.

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