

5 WAYS TO WELLBEING

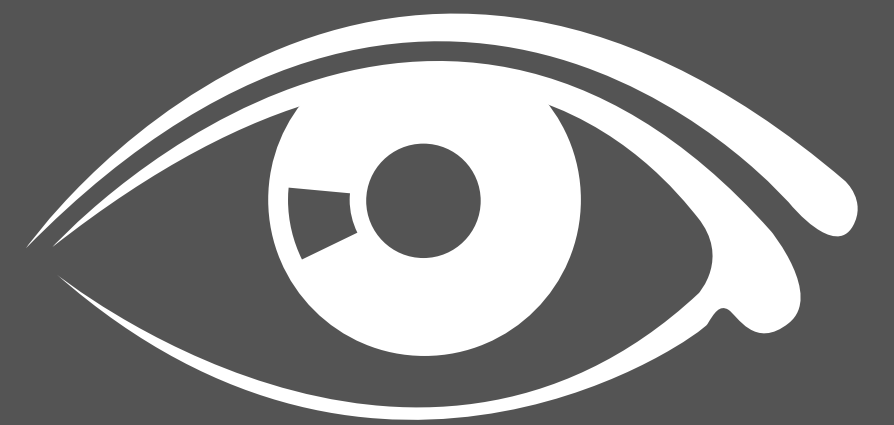
CONNECT

TALK & LISTEN, BE THERE, FEEL CONNECTED



TAKE NOTICE

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY



KEEP LEARNING

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES,
SURPRISE YOURSELF



GIVE

YOUR TIME, YOUR WORDS, YOUR PRESENCE



KEEP ACTIVE

DO WHAT YOU CAN, ENJOY WHAT YOU DO,
MOVE YOUR MOOD

