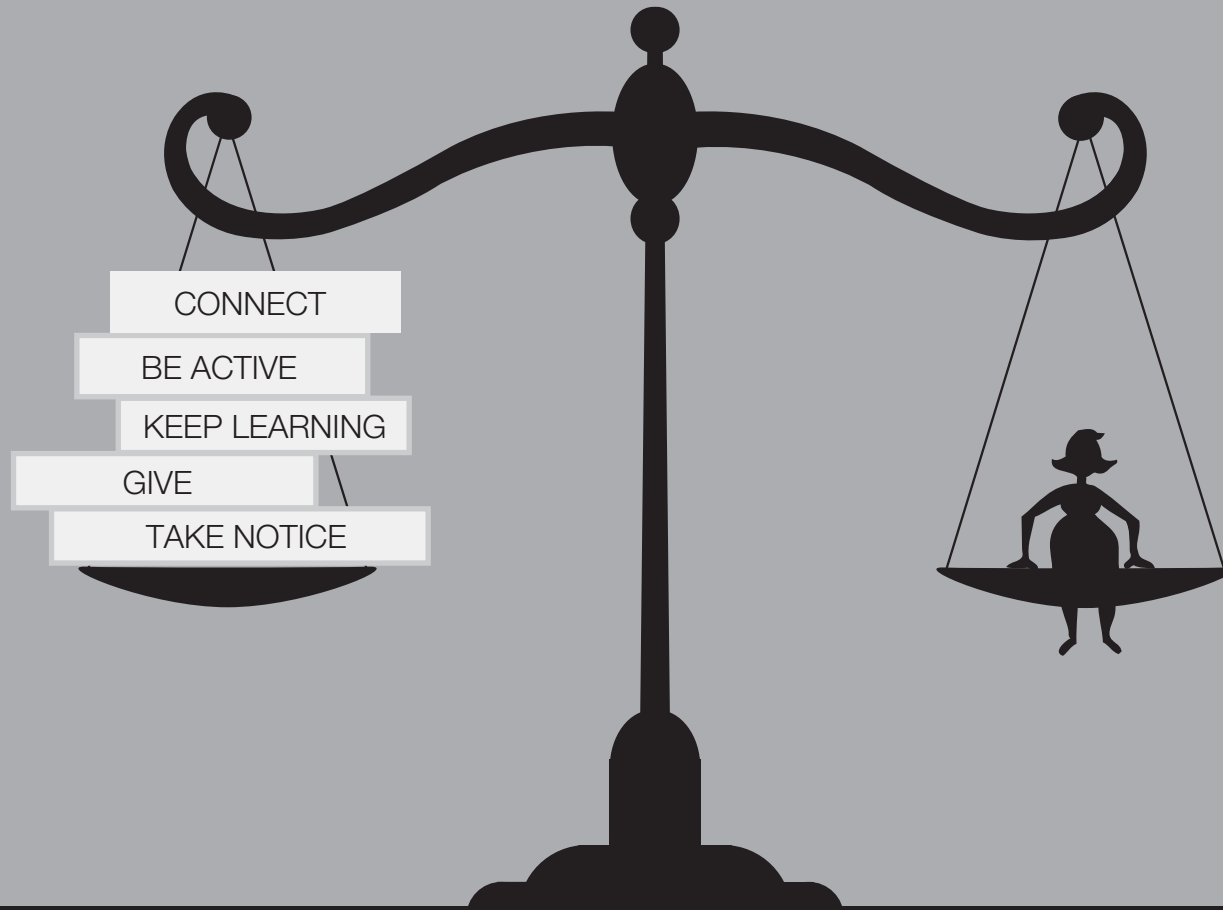


# THE FIVE WAYS TO WELLBEING



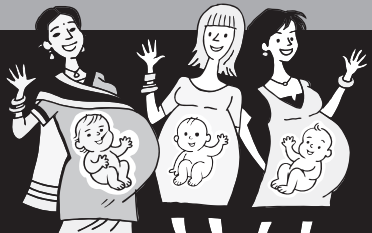
CONNECT

BE ACTIVE

KEEP LEARNING

GIVE

TAKE NOTICE



DAILY ROUTINE