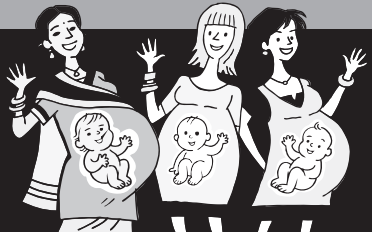


# THE FIVE WAYS TO WELLBEING



DAILY ROUTINE