

**KEEP  
ACTIVE**



**ENJOY  
HOBBIES**

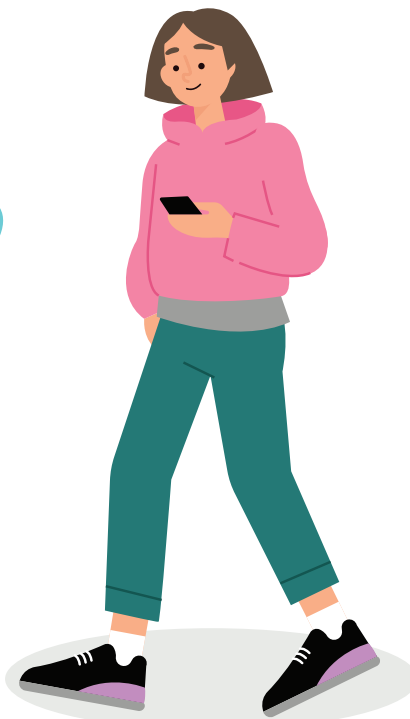


**SLEEP  
WELL**



# SELF CARE

**STAY  
CONNECTED**



**GO FOR A WALK**

**EAT  
WELL**

