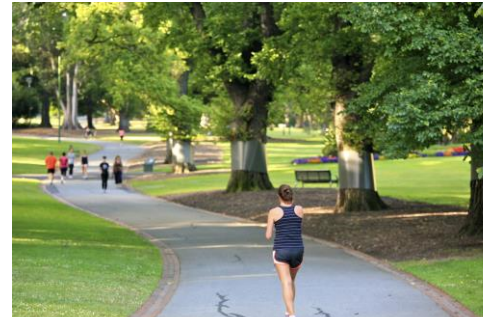


WELL-BEING

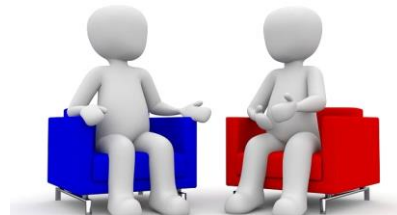
Be mindful



Energy – do something **physical**



Interact with others



Never too late to **learn**



Give – fill each other's buckets

